

Center of Light



HOST
KEITA ANTHONY BLANCHARD

Radio

Anyah Trahan

1
00:00:47,390 --> 00:00:03,290
you're listening to Ira the inception

2
00:00:47,400 --> 00:01:03,380
see

3
00:01:09,850 --> 00:01:07,060
I feel like

4
00:01:12,490 --> 00:01:09,860
welcome to centre of light radio with

5
00:01:15,040 --> 00:01:12,500
spiritual teacher intuitive musician

6
00:01:17,260 --> 00:01:15,050
composer and best-selling author of the

7
00:01:19,930 --> 00:01:17,270
Divine Principle anchoring heaven on

8
00:01:21,969 --> 00:01:19,940
earth your host Keith Anthony Blanchard

9
00:01:24,460 --> 00:01:21,979
Denis Blanchard Wow welcome to sooner of

10
00:01:26,320 --> 00:01:24,470
light radio yes I am Keith Anthony

11
00:01:30,640 --> 00:01:26,330
Blanchard center of light radio soon of

12
00:01:34,990 --> 00:01:30,650
divine unfoldment and reinforcements

13
00:01:39,070 --> 00:01:35,000

strap in all ye spiritual astral knots

14

00:01:40,540 --> 00:01:39,080

as we launch for inner space I'm going

15

00:01:42,940 --> 00:01:40,550

to repeat this message again I am a

16

00:01:44,770 --> 00:01:42,950

blessed man to impart to you listening

17

00:01:47,350 --> 00:01:44,780

audience information that was given to

18

00:01:48,790 --> 00:01:47,360

me by spiritual masters through a dear

19

00:01:50,529 --> 00:01:48,800

friend of mine we did a session her name

20

00:01:52,330 --> 00:01:50,539

is Modric a little i had on the show a

21

00:01:54,999 --> 00:01:52,340

couple of weeks ago and i had a session

22

00:01:57,760 --> 00:01:55,009

week before senator of light has now

23

00:01:59,770 --> 00:01:57,770

been given the go sign by those masters

24

00:02:01,420 --> 00:01:59,780

and full support and that center of

25

00:02:05,139 --> 00:02:01,430

light is now going to become a super

26

00:02:08,320 --> 00:02:05,149

highway for conscious evolution it was

27

00:02:11,199 --> 00:02:08,330

an amazing experience I I won't go into

28

00:02:12,400 --> 00:02:11,209

it it was all recorded the show a few

29

00:02:14,199 --> 00:02:12,410

weeks ago feel free to go to the

30

00:02:17,199 --> 00:02:14,209

archives to check out that particular

31

00:02:19,240 --> 00:02:17,209

broad cast so the future of center of

32

00:02:22,870 --> 00:02:19,250

light radio looks very very fine from

33

00:02:24,780 --> 00:02:22,880

where I'm sitting also middle of August

34

00:02:27,310 --> 00:02:24,790

not sure just yet if it's going to be

35

00:02:29,229 --> 00:02:27,320

second of the third week I'm going to

36

00:02:30,819 --> 00:02:29,239

have a god realized man we say that

37

00:02:34,509 --> 00:02:30,829

again make sure that I deliver this

38

00:02:39,330 --> 00:02:34,519

point very clearly a god realized man

39

00:02:44,130 --> 00:02:39,340

who dedicated 21 years of his life

40

00:02:46,600 --> 00:02:44,140

unbroken meditation to Lord atreya and

41

00:02:48,580 --> 00:02:46,610

became the embodiment of that divine

42

00:02:51,160 --> 00:02:48,590

energy so this man is God realized he

43

00:02:53,199 --> 00:02:51,170

can actually go within himself in this

44

00:02:55,060 --> 00:02:53,209

point at this point right now and tell

45

00:02:56,860 --> 00:02:55,070

you repeat back to you exactly what I'm

46

00:03:00,039 --> 00:02:56,870

talking about wherever he is on the

47

00:03:02,259 --> 00:03:00,049

planet and we're considering doing the

48

00:03:04,060 --> 00:03:02,269

broadcast live but in video fashion and

49

00:03:06,009 --> 00:03:04,070

this is going to be a very very powerful

50

00:03:09,460 --> 00:03:06,019

shell and you can bet that I'm going to

51
00:03:11,860 --> 00:03:09,470
use every possible um ounce of my energy

52
00:03:14,080 --> 00:03:11,870
to ask questions that we as a human race

53
00:03:15,580 --> 00:03:14,090
really need answers to what is the

54
00:03:18,310 --> 00:03:15,590
condition of the world what do we need

55
00:03:20,180 --> 00:03:18,320
to do to further our evolution along

56
00:03:23,660 --> 00:03:20,190
very nicely effortlessly

57
00:03:25,130 --> 00:03:23,670
and easily I'm going to take some time

58
00:03:27,650 --> 00:03:25,140
I'm gonna be doing a lot of meditating

59
00:03:29,630 --> 00:03:27,660
you can bet on that about the particular

60
00:03:32,720 --> 00:03:29,640
questions and dialogue and I'm gonna

61
00:03:35,390 --> 00:03:32,730
have with swansea swansea Viswa yogi who

62
00:03:37,550 --> 00:03:35,400
that name still ties my tongue swarm

63
00:03:40,660 --> 00:03:37,560

gene Viswa yogi God realized me I'm

64

00:03:42,860 --> 00:03:40,670

looking forward to that also my

65

00:03:45,680 --> 00:03:42,870

alien-human hybrid friend by the name of

66

00:03:47,480 --> 00:03:45,690

nucleus eight is considering doing an

67

00:03:49,130 --> 00:03:47,490

interview here on center of light radio

68

00:03:52,490 --> 00:03:49,140

and as I said before it's likely it's

69

00:03:56,960 --> 00:03:52,500

going to be pre-recorded we want to keep

70

00:03:58,540 --> 00:03:56,970

him safe from whatever um people that

71

00:04:02,030 --> 00:03:58,550

might want to target out this location

72

00:04:03,860 --> 00:04:02,040

so we're gonna pre record the show if he

73

00:04:07,820 --> 00:04:03,870

considers to do this which I think he

74

00:04:10,460 --> 00:04:07,830

will knowing nucleus aight aight i know

75

00:04:12,440 --> 00:04:10,470

him very very well just a heads up on

76

00:04:14,420 --> 00:04:12,450

who nucleus 80 is it someone i

77

00:04:17,240 --> 00:04:14,430

befriended some years ago spent four

78

00:04:19,280 --> 00:04:17,250

years of my life with and this person

79

00:04:22,880 --> 00:04:19,290

was able to do things in front of me to

80

00:04:25,130 --> 00:04:22,890

me with me and threw me on levels i l've

81

00:04:26,990 --> 00:04:25,140

never known until those experiences

82

00:04:30,500 --> 00:04:27,000

happen you can bet that this is a very

83

00:04:32,330 --> 00:04:30,510

very authentic experience make sure you

84

00:04:33,860 --> 00:04:32,340

visit center of light radio website you

85

00:04:37,490 --> 00:04:33,870

do that by going to center of light

86

00:04:38,990 --> 00:04:37,500

radio.com there you'll find archives of

87

00:04:41,180 --> 00:04:39,000

all my past shows i've been here about

88

00:04:43,820 --> 00:04:41,190

two months now and I'm grateful to the

89

00:04:46,360 --> 00:04:43,830

inception radio network team for

90

00:04:49,730 --> 00:04:46,370

allowing me to be a part of this amazing

91

00:04:51,530 --> 00:04:49,740

amazing truly crystal clear platform

92

00:04:56,710 --> 00:04:51,540

what a great team i have that i work

93

00:04:59,240 --> 00:04:56,720

with jo Bob and MJ my dear thanks to you

94

00:05:01,010 --> 00:04:59,250

again go to centre of light radio there

95

00:05:03,530 --> 00:05:01,020

you can find archives of all the show as

96

00:05:06,260 --> 00:05:03,540

i said you can also jump seat from there

97

00:05:08,120 --> 00:05:06,270

to go to Keith Anthony Blanchard website

98

00:05:10,820 --> 00:05:08,130

contains Atlanta calm and find all my

99

00:05:12,710 --> 00:05:10,830

books links to my movie do what you love

100

00:05:15,320 --> 00:05:12,720

a path to passionate living the movie

101
00:05:17,690 --> 00:05:15,330
about my life as a full-time musician

102
00:05:19,730 --> 00:05:17,700
which I here meaning musicians say well

103
00:05:22,730 --> 00:05:19,740
Keith I want to do that but I just well

104
00:05:25,010 --> 00:05:22,740
you're talking to the wrong cat because

105
00:05:27,740 --> 00:05:25,020
I do it quite nice qui s'en quite nicely

106
00:05:28,940 --> 00:05:27,750
and quite easily um you know people even

107
00:05:30,469 --> 00:05:28,950
say you know Keith I want to handle

108
00:05:32,060 --> 00:05:30,479
flowers but I can't do that well you

109
00:05:34,129 --> 00:05:32,070
need to go have a chat with the florist

110
00:05:36,020 --> 00:05:34,139
down the street so this movie is real

111
00:05:39,350 --> 00:05:36,030
about you empowering you with the tools

112
00:05:41,809 --> 00:05:39,360
that you need so you can live your best

113
00:05:43,909 --> 00:05:41,819

life and create the life that you desire

114

00:05:45,800 --> 00:05:43,919

the life that you deserve you can also

115

00:05:47,869 --> 00:05:45,810

go to do what you love the movie calm

116

00:05:50,029 --> 00:05:47,879

and find the rental there it's a five

117

00:05:54,459 --> 00:05:50,039

dollar rent very very well done by blue

118

00:05:57,290 --> 00:05:54,469

cast productions out of New York City

119

00:06:00,379 --> 00:05:57,300

let me look at my notes as always I got

120

00:06:01,999 --> 00:06:00,389

tons of them tunz tunz tunz also my

121

00:06:05,149 --> 00:06:02,009

latest release you can go for the love

122

00:06:06,800 --> 00:06:05,159

of God book net it's a book about my

123

00:06:08,929 --> 00:06:06,810

spiritual journey to South India to be

124

00:06:12,619 --> 00:06:08,939

with an avatar avatar translates to a

125

00:06:14,990 --> 00:06:12,629

divine descent another god man I took a

126

00:06:17,589 --> 00:06:15,000

tape recorder to India after he came to

127

00:06:21,619 --> 00:06:17,599

me in a dream and log my entire

128

00:06:24,230 --> 00:06:21,629

miraculous miraculous experience for two

129

00:06:26,300 --> 00:06:24,240

weeks with this holy man seeing things

130

00:06:28,640 --> 00:06:26,310

that most people would never even dream

131

00:06:30,740 --> 00:06:28,650

is impossible much less believe that I'm

132

00:06:32,839 --> 00:06:30,750

telling you that I actually had the

133

00:06:35,300 --> 00:06:32,849

opportunity to experience this firsthand

134

00:06:37,939 --> 00:06:35,310

not only with my eyes but with my ears

135

00:06:40,249 --> 00:06:37,949

with my heart and in my entire being

136

00:06:43,129 --> 00:06:40,259

seeing the most amazing things that a

137

00:06:46,040 --> 00:06:43,139

person in a single lifetime could ever

138

00:06:48,260 --> 00:06:46,050

dream of having happen let's see and

139

00:06:50,059 --> 00:06:48,270

there you will finally find my do what

140

00:06:51,889 --> 00:06:50,069

you love forever course if you go to

141

00:06:54,019 --> 00:06:51,899

Keith Anthony blanchett calm make sure

142

00:06:58,790 --> 00:06:54,029

you check all those out to call into the

143

00:07:01,999 --> 00:06:58,800

show today now triple 8 9 19 2 3 5 5 88

144

00:07:04,760 --> 00:07:02,009

89 19 to 35 5 if you want to ask a

145

00:07:06,320 --> 00:07:04,770

question of myself or my awesome guest

146

00:07:08,629 --> 00:07:06,330

today or if you just want to say hi

147

00:07:10,279 --> 00:07:08,639

Keith whatever it is make sure you call

148

00:07:12,499 --> 00:07:10,289

that number remember if you're not at

149

00:07:14,320 --> 00:07:12,509

home and you want to hear your favorite

150

00:07:17,209 --> 00:07:14,330

show you can always go to the App Store

151
00:07:20,240 --> 00:07:17,219
on your phone and download the inception

152
00:07:22,249 --> 00:07:20,250
radio network app for free everything is

153
00:07:25,850 --> 00:07:22,259
at your fingertips chatroom listen live

154
00:07:29,029 --> 00:07:25,860
link news podcast much more life gets

155
00:07:31,339 --> 00:07:29,039
easy with inception radio network and

156
00:07:33,980 --> 00:07:31,349
center of light radio there are many

157
00:07:36,920 --> 00:07:33,990
many many many many ways to connect to

158
00:07:39,589 --> 00:07:36,930
center of light radio and the inception

159
00:07:41,420 --> 00:07:39,599
Radio Network center of light radio and

160
00:07:44,509 --> 00:07:41,430
inception radio network wants to give a

161
00:07:46,309 --> 00:07:44,519
shout out and a welcome aboard professor

162
00:07:47,780 --> 00:07:46,319
Eric are William with his show

163
00:07:49,220 --> 00:07:47,790

psychologies outer limits

164

00:07:52,280 --> 00:07:49,230

I am looking forward to checking that

165

00:07:54,620 --> 00:07:52,290

show out myself and on that's going to

166

00:07:57,610 --> 00:07:54,630

happen on jun 7th and Patricia Baker

167

00:08:03,560 --> 00:07:57,620

with her new show supernatural girls on

168

00:08:07,910 --> 00:08:03,570

jun 17 now it's time to get down to

169

00:08:09,470 --> 00:08:07,920

center of light radio business on the

170

00:08:13,310 --> 00:08:09,480

center of light radio tonight my guess

171

00:08:15,560 --> 00:08:13,320

is anya Trahan and my Cajun wants to

172

00:08:18,650 --> 00:08:15,570

come out and me and say trajeo because

173

00:08:20,300 --> 00:08:18,660

there's a lot of trials it's up a weezy

174

00:08:22,580 --> 00:08:20,310

where I'm from but where she's from they

175

00:08:23,960 --> 00:08:22,590

pronounce a trance oh and you try

176

00:08:29,530 --> 00:08:23,970

Hannah's my guest tonight and we're

177

00:08:31,970 --> 00:08:29,540

going to be talking about love sex and

178

00:08:34,909 --> 00:08:31,980

relationship wisdom from Nepal amore

179

00:08:37,120 --> 00:08:34,919

mini loves movement offered in this

180

00:08:39,230 --> 00:08:37,130

practical guide to spiritual

181

00:08:42,440 --> 00:08:39,240

enlightenment may tell you a little

182

00:08:45,290 --> 00:08:42,450

about my guest drawing on birth both

183

00:08:47,330 --> 00:08:45,300

personal experience and philosophical

184

00:08:49,940 --> 00:08:47,340

reflection dr anya describes how to

185

00:08:52,390 --> 00:08:49,950

cultivate intentional i think that's a

186

00:08:55,550 --> 00:08:52,400

really really key word there intentional

187

00:08:57,620 --> 00:08:55,560

relationships creative non-conventional

188

00:09:00,710 --> 00:08:57,630

bonds of that central own principles of

189

00:09:04,070 --> 00:09:00,720

asti compassion forgiveness and the

190

00:09:05,840 --> 00:09:04,080

celebration of desire through suggested

191

00:09:07,940 --> 00:09:05,850

meditations and activities for daily

192

00:09:10,790 --> 00:09:07,950

practice we can evolve our consciousness

193

00:09:15,080 --> 00:09:10,800

by pursuing open unconditional love in

194

00:09:16,760 --> 00:09:15,090

all our relations dr. anya skillfully

195

00:09:19,880 --> 00:09:16,770

draws on the wisdom of previous

196

00:09:24,230 --> 00:09:19,890

generations of spiritual outlaws and

197

00:09:26,510 --> 00:09:24,240

poly morris pioneers yeah right as well

198

00:09:28,340 --> 00:09:26,520

as her own expansive personal experience

199

00:09:30,560 --> 00:09:28,350

to offer clarity on the sometimes

200

00:09:33,500 --> 00:09:30,570

puzzling concept of relationships as a

201
00:09:37,760 --> 00:09:33,510
spiritual path to a new generation of

202
00:09:40,130 --> 00:09:37,770
seekers dr. Deborah ties on a pole

203
00:09:44,330 --> 00:09:40,140
author of the seven natural laws of love

204
00:09:47,290 --> 00:09:44,340
and paula mori in the 21st century dr.

205
00:09:49,280 --> 00:09:47,300
Anya's book opening love is a vital

206
00:09:52,580 --> 00:09:49,290
addition to the literature on

207
00:09:55,310 --> 00:09:52,590
relationships filling the current gap

208
00:09:57,590 --> 00:09:55,320
that exists around relationships as form

209
00:10:00,670 --> 00:09:57,600
of spiritual practice and a means of

210
00:10:03,010 --> 00:10:00,680
personal growth the book presents a rat

211
00:10:07,960 --> 00:10:03,020
approach to relationships in comparison

212
00:10:10,060 --> 00:10:07,970
to current relationship books yeah most

213
00:10:12,430 --> 00:10:10,070

of which focus on limited and

214

00:10:15,670 --> 00:10:12,440

problematic approach to achieving safety

215

00:10:19,720 --> 00:10:15,680

through rule-based systems instead dr.

216

00:10:21,699 --> 00:10:19,730

Anya's focus is on relational ethics

217

00:10:24,970 --> 00:10:21,709

community building and open

218

00:10:27,760 --> 00:10:24,980

communication all of which seem much

219

00:10:30,670 --> 00:10:27,770

more likely to enable sustainable and

220

00:10:33,090 --> 00:10:30,680

mutual relationships dr. Maggie Barker

221

00:10:35,680 --> 00:10:33,100

author of rewriting the rules and

222

00:10:39,280 --> 00:10:35,690

integrative guide to love sex and

223

00:10:41,650 --> 00:10:39,290

relationships and finally this beautiful

224

00:10:44,199 --> 00:10:41,660

book is both lucid who love that word

225

00:10:46,420 --> 00:10:44,209

lucid and accessible and will open doors

226

00:10:48,280 --> 00:10:46,430

that whether or not the reader chooses

227

00:10:51,370 --> 00:10:48,290

to pass through them will enhance their

228

00:10:54,850 --> 00:10:51,380

quality of being simply by being aware

229

00:10:57,519 --> 00:10:54,860

of them dr. on you gently encourages the

230

00:11:00,010 --> 00:10:57,529

reader to attain and entertain new

231

00:11:01,660 --> 00:11:00,020

possibilities as well as offering

232

00:11:04,690 --> 00:11:01,670

compassion to those who have already

233

00:11:07,210 --> 00:11:04,700

ventured into them I recommend this book

234

00:11:11,260 --> 00:11:07,220

as an exploration of what it means to be

235

00:11:13,180 --> 00:11:11,270

human I want to bring on board dr. Anya

236

00:11:15,400 --> 00:11:13,190

Trahan welcome to the center of light

237

00:11:18,760 --> 00:11:15,410

radio thank you so much for having me

238

00:11:20,620 --> 00:11:18,770

it's so exciting to be here I'm glad

239

00:11:22,960 --> 00:11:20,630

you're here you know I'm gonna dive

240

00:11:26,019 --> 00:11:22,970

right into it you know i'm i'm a very

241

00:11:28,829 --> 00:11:26,029

very open minded individual know a

242

00:11:32,710 --> 00:11:28,839

judgment at least in my conscious arm

243

00:11:36,540 --> 00:11:32,720

awareness right now exists and i'm all

244

00:11:39,280 --> 00:11:36,550

for opening in I understand Paula Maury

245

00:11:43,690 --> 00:11:39,290

I've lived in in my life in early years

246

00:11:46,090 --> 00:11:43,700

of my life and but it the intention

247

00:11:48,819 --> 00:11:46,100

that's why I singled out that word

248

00:11:51,699 --> 00:11:48,829

intention Paula Murray from your

249

00:11:54,910 --> 00:11:51,709

perspective your experience to you quote

250

00:11:58,690 --> 00:11:54,920

the field that you play in it's not

251
00:12:01,060 --> 00:11:58,700
about fulfilling a part of yourself to

252
00:12:02,590 --> 00:12:01,070
validate yourself through other people

253
00:12:04,300 --> 00:12:02,600
this is something that you have

254
00:12:07,269 --> 00:12:04,310
experienced something you have explored

255
00:12:13,330 --> 00:12:07,279
something that you work with in a very

256
00:12:14,680 --> 00:12:13,340
very conscious way that is true I think

257
00:12:17,230 --> 00:12:14,690
the first thing to understand about the

258
00:12:22,360 --> 00:12:17,240
polyamory movement is it's not new like

259
00:12:27,390 --> 00:12:22,370
you said it's been happening probably as

260
00:12:32,680 --> 00:12:27,400
long as humans have been alive we all

261
00:12:34,630 --> 00:12:32,690
have stories of people that we know that

262
00:12:37,840 --> 00:12:34,640
have explored different types of

263
00:12:42,100 --> 00:12:37,850

relationships and you know from the 60s

264

00:12:45,340 --> 00:12:42,110

and 70s free love communitarian times and then

265

00:12:48,130 --> 00:12:45,350

now the polyamory movement it you know

266

00:12:51,280 --> 00:12:48,140

it was a term coined in the late 80s

267

00:12:55,240 --> 00:12:51,290

Early 90s but really it's you know a

268

00:12:59,560 --> 00:12:55,250

sort of an updated version a way to

269

00:13:02,080 --> 00:12:59,570

look at relationships that is in line

270

00:13:04,750 --> 00:13:02,090

with spiritual principles is deleting

271

00:13:07,090 --> 00:13:04,760

people in this movement are spiritually

272

00:13:10,210 --> 00:13:07,100

minded people and and while there is

273

00:13:15,010 --> 00:13:10,220

definitely a side of the movement that's

274

00:13:16,660 --> 00:13:15,020

more rational logical focused on you

275

00:13:18,370 --> 00:13:16,670

know day-to-day mundane things how to

276

00:13:21,280 --> 00:13:18,380

make these different kinds of

277

00:13:24,310 --> 00:13:21,290

relationships work I would say the the

278

00:13:27,280 --> 00:13:24,320

main thrusts of the movement is the

279

00:13:30,790 --> 00:13:27,290

spiritual behind of and I didn't even

280

00:13:33,370 --> 00:13:30,800

mean that thank you so much understood

281

00:13:34,960 --> 00:13:33,380

understand a lot of that thrust of the

282

00:13:37,900 --> 00:13:34,970

moon I don't mean a minute let me

283

00:13:39,160 --> 00:13:37,910

interject here oh my point is and i just

284

00:13:42,610 --> 00:13:39,170

realized i've been pronouncing the word

285

00:13:45,370 --> 00:13:42,620

incorrectly it's Paula Prentiss a living

286

00:13:48,370 --> 00:13:45,380

in polyamory yeah polyamory polyamory

287

00:13:49,750 --> 00:13:48,380

okay um so now that we got I'm the type

288

00:13:51,280 --> 00:13:49,760

of guy that jumps off the high diving

289

00:13:53,770 --> 00:13:51,290

board headfirst into the deep end of the

290

00:13:56,500 --> 00:13:53,780

pool I move right through my stuff it's

291

00:13:59,020 --> 00:13:56,510

in there so many benefits of doing that

292

00:14:00,670 --> 00:13:59,030

and I understand many people probably

293

00:14:02,350 --> 00:14:00,680

most people have reservations about

294

00:14:04,450 --> 00:14:02,360

moving into something one first they

295

00:14:05,740 --> 00:14:04,460

don't understand too they're not sure

296

00:14:07,690 --> 00:14:05,750

what they would do that if they allow

297

00:14:09,730 --> 00:14:07,700

themselves to entertain the idea and

298

00:14:11,530 --> 00:14:09,740

then three how's everybody else around

299

00:14:13,450 --> 00:14:11,540

them going to respond if they implement

300

00:14:16,030 --> 00:14:13,460

or even hecka d even knew they were

301
00:14:18,340 --> 00:14:16,040
thinking such thoughts that being said i

302
00:14:21,070 --> 00:14:18,350
would like to weave this particular

303
00:14:23,260 --> 00:14:21,080
field our practice into the other

304
00:14:26,080 --> 00:14:23,270
aspects of the show which is love and

305
00:14:26,770 --> 00:14:26,090
relationship and how would we put all

306
00:14:29,820 --> 00:14:26,780
this too

307
00:14:32,260 --> 00:14:29,830
to achieve a goal of enlightenment

308
00:14:34,450 --> 00:14:32,270
relationship with multiple people not

309
00:14:36,220 --> 00:14:34,460
only in a sexual fashion but how does

310
00:14:38,230 --> 00:14:36,230
all of this fit together to bring us

311
00:14:42,330 --> 00:14:38,240
closer to people to achieve a goal of

312
00:14:47,890 --> 00:14:42,340
expansion I identify as a lightworker

313
00:14:52,180 --> 00:14:47,900

that is probably the identity label that

314

00:14:54,010 --> 00:14:52,190

I like the most and actually constantly

315

00:14:56,920 --> 00:14:54,020

sort of remind myself because I'm

316

00:14:58,750 --> 00:14:56,930

involved in so many different things you

317

00:15:01,930 --> 00:14:58,760

know I'm a spokesperson for polyamory

318

00:15:04,570 --> 00:15:01,940

but I'm also a relationship coach Reiki

319

00:15:08,940 --> 00:15:04,580

Master I do a lot of different things

320

00:15:11,920 --> 00:15:08,950

with people I teach meditation um and

321

00:15:14,500 --> 00:15:11,930

when I there so there's a lot of

322

00:15:15,880 --> 00:15:14,510

different fields and different kinds of

323

00:15:17,110 --> 00:15:15,890

discussions that I'm involved in and

324

00:15:20,500 --> 00:15:17,120

sometimes they could get a little

325

00:15:23,770 --> 00:15:20,510

chaotic especially since i'm bringing in

326

00:15:25,330 --> 00:15:23,780

sexual discussions into spiritual

327

00:15:27,190 --> 00:15:25,340

discussions which can be really

328

00:15:30,340 --> 00:15:27,200

frightening for a lot of people really

329

00:15:32,530 --> 00:15:30,350

unnerving so at the end of the day when

330

00:15:34,930 --> 00:15:32,540

I lay my head down to sleep or you know

331

00:15:37,600 --> 00:15:34,940

in the morning when I wake up I sort of

332

00:15:39,790 --> 00:15:37,610

do a review what is the most important

333

00:15:42,130 --> 00:15:39,800

aspect or the thing that I want to

334

00:15:44,170 --> 00:15:42,140

remember is the foundation for

335

00:15:48,960 --> 00:15:44,180

everything else that I'm doing and that

336

00:15:54,640 --> 00:15:48,970

light worker identity label is what I is

337

00:15:59,860 --> 00:15:54,650

in my heart so essentially what i did

338

00:16:03,280 --> 00:15:59,870

through coming up with this angle on

339

00:16:05,670 --> 00:16:03,290

discussing polyamory is talking about

340

00:16:08,410 --> 00:16:05,680

intentional relationships so intentional

341

00:16:11,500 --> 00:16:08,420

relationships is not a term that I

342

00:16:13,180 --> 00:16:11,510

invented I it's a word that is tossed

343

00:16:17,650 --> 00:16:13,190

around a lot in different kinds of

344

00:16:20,350 --> 00:16:17,660

communities the pagan community the BDSM

345

00:16:22,120 --> 00:16:20,360

kink community they are all about

346

00:16:23,470 --> 00:16:22,130

talking about intentional relationships

347

00:16:26,170 --> 00:16:23,480

I don't even actually know where that

348

00:16:30,880 --> 00:16:26,180

term came from but it's it's sort of

349

00:16:35,500 --> 00:16:30,890

common lingo and the goal of the book

350

00:16:37,260 --> 00:16:35,510

opening love was basically to use the

351
00:16:39,790 --> 00:16:37,270
lessons that I've learned as a

352
00:16:40,660 --> 00:16:39,800
polyamorous as an openly polyamorous

353
00:16:42,790 --> 00:16:40,670
person as

354
00:16:48,940 --> 00:16:42,800
a relationship coach as a spiritual

355
00:16:51,610 --> 00:16:48,950
teacher and translate them for people

356
00:16:55,720 --> 00:16:51,620
who are at least open to the idea of

357
00:16:58,840 --> 00:16:55,730
living a spiritual life so those that

358
00:17:04,780 --> 00:16:58,850
was basically my target audience for the

359
00:17:08,020 --> 00:17:04,790
book and in terms of how does all this

360
00:17:10,960 --> 00:17:08,030
fit together so the term polyamory

361
00:17:16,600 --> 00:17:10,970
itself it comes from Greek and Latin

362
00:17:21,220 --> 00:17:16,610
roots so poly meaning many Greek Latin

363
00:17:25,750 --> 00:17:21,230

Amory love so it translates to mean many

364

00:17:28,120 --> 00:17:25,760

loves and that's well and good actually

365

00:17:31,690 --> 00:17:28,130

for most people at a certain level if

366

00:17:34,330 --> 00:17:31,700

you don't incorporate the intimate

367

00:17:39,280 --> 00:17:34,340

sexual aspect to it because if you think

368

00:17:41,530 --> 00:17:39,290

about it a lot of people are raised as

369

00:17:42,820 --> 00:17:41,540

children with the concept of you know

370

00:17:44,470 --> 00:17:42,830

you should love all the people in your

371

00:17:47,460 --> 00:17:44,480

family you should love all your brothers

372

00:17:50,470 --> 00:17:47,470

and sisters you should love your parents

373

00:17:54,640 --> 00:17:50,480

aunts uncles grandparents we have this

374

00:17:56,530 --> 00:17:54,650

notion of love and having it be ideally

375

00:18:00,130 --> 00:17:56,540

like an equal love so you know your

376

00:18:01,690 --> 00:18:00,140

parents saying I love all of you the

377

00:18:03,100 --> 00:18:01,700

same you're talking to the children I

378

00:18:08,620 --> 00:18:03,110

love all of you the same I don't play

379

00:18:11,740 --> 00:18:08,630

favorites we're all a family we all have

380

00:18:16,150 --> 00:18:11,750

this commitment to each other to support

381

00:18:20,230 --> 00:18:16,160

each other and help each other grow and

382

00:18:23,380 --> 00:18:20,240

so if you for the moment you know strip

383

00:18:26,260 --> 00:18:23,390

back the implications about sexuality

384

00:18:29,560 --> 00:18:26,270

then the concept of many loves isn't

385

00:18:32,410 --> 00:18:29,570

threatening its oh I'm very aware of

386

00:18:35,410 --> 00:18:32,420

that because no judgment I was raised

387

00:18:38,170 --> 00:18:35,420

Catholic I'm and just being out in the

388

00:18:41,920 --> 00:18:38,180

world I know how society looks at such a

389

00:18:44,650 --> 00:18:41,930

subject that being said how have people

390

00:18:47,890 --> 00:18:44,660

responded to your book opening love how

391

00:18:50,680 --> 00:18:47,900

do people respond to you in person when

392

00:18:53,710 --> 00:18:50,690

you do your your talks or your classes

393

00:18:54,460 --> 00:18:53,720

how how did they digest that idea are

394

00:18:56,320 --> 00:18:54,470

they able to

395

00:18:58,779 --> 00:18:56,330

get in with an open mind or do you see

396

00:19:02,039 --> 00:18:58,789

the 51 percent of them you know still

397

00:19:05,049 --> 00:19:02,049

holding on to fear about such such ideas

398

00:19:10,720 --> 00:19:05,059

the people that find me are ready to

399

00:19:15,029 --> 00:19:10,730

find me right so uh I live in a very

400

00:19:17,860 --> 00:19:15,039

very small conservative Midwestern town

401
00:19:19,419 --> 00:19:17,870
um you know where everybody knows each

402
00:19:22,450 --> 00:19:19,429
other you go to the grocery store you

403
00:19:25,210 --> 00:19:22,460
can't not bump into two to three people

404
00:19:30,190 --> 00:19:25,220
that you know and you know so it's a

405
00:19:32,710 --> 00:19:30,200
very small place and when I started

406
00:19:34,960 --> 00:19:32,720
thinking about coming out with the book

407
00:19:37,440 --> 00:19:34,970
I was hesitant because I thought wow

408
00:19:41,890 --> 00:19:37,450
this is a really small town I don't know

409
00:19:43,419 --> 00:19:41,900
what happened and to be honest um I'll

410
00:19:45,399 --> 00:19:43,429
say the negative first but then I'll

411
00:19:46,899 --> 00:19:45,409
dwell more on the positive which is that

412
00:19:50,970 --> 00:19:46,909
you know since the book was released

413
00:19:54,640 --> 00:19:50,980

about a month ago I have been actually

414

00:19:58,600 --> 00:19:54,650

terminated from to employment positions

415

00:20:01,659 --> 00:19:58,610

that i had with two organizations in the

416

00:20:05,350 --> 00:20:01,669

town in which i live so you know um did

417

00:20:07,149 --> 00:20:05,360

you expect that no no I did not I

418

00:20:10,510 --> 00:20:07,159

thought the worst that would happen was

419

00:20:11,980 --> 00:20:10,520

gossip and maybe losing some friends

420

00:20:14,049 --> 00:20:11,990

because when I first came out as

421

00:20:16,779 --> 00:20:14,059

polyamorous just in my personal life I

422

00:20:19,029 --> 00:20:16,789

lost a number of friends I had issues

423

00:20:21,039 --> 00:20:19,039

with my family come up where they were

424

00:20:22,330 --> 00:20:21,049

very not understanding so I thought well

425

00:20:24,370 --> 00:20:22,340

it's just gonna be like social

426

00:20:25,960 --> 00:20:24,380

repercussions in my personal life I did

427

00:20:27,700 --> 00:20:25,970

not really think that it would affect my

428

00:20:30,340 --> 00:20:27,710

professional life which looking back

429

00:20:33,669 --> 00:20:30,350

maybe I was a bit naive and that's okay

430

00:20:38,310 --> 00:20:33,679

because I'd rather be naive than cynical

431

00:20:44,260 --> 00:20:38,320

I suppose but to focus on positive more

432

00:20:45,820 --> 00:20:44,270

what's come out of me being openly

433

00:20:48,549 --> 00:20:45,830

polyamorous in my personal life and then

434

00:20:51,490 --> 00:20:48,559

transitioning that into doing workshops

435

00:20:53,770 --> 00:20:51,500

and then this book coming out and now

436

00:20:56,950 --> 00:20:53,780

I've been doing readings and and things

437

00:21:00,070 --> 00:20:56,960

in this town since it came out it's been

438

00:21:02,260 --> 00:21:00,080

amazing because at least every day I get

439

00:21:05,950 --> 00:21:02,270

an email or a facebook message from

440

00:21:07,570 --> 00:21:05,960

someone who says thank you so much I've

441

00:21:08,320 --> 00:21:07,580

been thinking about the stuff that you

442

00:21:11,259 --> 00:21:08,330

wrote about

443

00:21:13,240 --> 00:21:11,269

for years since I was a kid and so there

444

00:21:15,250 --> 00:21:13,250

are more people who are actually open to

445

00:21:17,320 --> 00:21:15,260

this think about this and probably

446

00:21:19,330 --> 00:21:17,330

implement this in their life and they

447

00:21:21,430 --> 00:21:19,340

just needed someone like you to validate

448

00:21:24,639 --> 00:21:21,440

them that this is can be used as an

449

00:21:27,220 --> 00:21:24,649

actual system for conscious expansion

450

00:21:32,320 --> 00:21:27,230

better relationships yada yada yada yes

451
00:21:36,759 --> 00:21:32,330
exactly that's awesome um I show up a

452
00:21:41,169 --> 00:21:36,769
doctor Anya's class how do you go into

453
00:21:43,419 --> 00:21:41,179
your presentation about love sex and

454
00:21:46,149 --> 00:21:43,429
relationship if you would can you give

455
00:21:49,720 --> 00:21:46,159
me can you weave that for me your

456
00:21:54,009 --> 00:21:49,730
opening statement of introduction to

457
00:21:57,149 --> 00:21:54,019
your class well the main thing that I

458
00:22:00,720 --> 00:21:57,159
open with usually is talking about how

459
00:22:06,700 --> 00:22:00,730
we all are culturally conditioned to

460
00:22:11,500 --> 00:22:06,710
have very limiting beliefs about what we

461
00:22:15,960 --> 00:22:11,510
can do with other people so we have

462
00:22:21,370 --> 00:22:15,970
these concepts and frameworks in our

463
00:22:25,360 --> 00:22:21,380

vocabulary that are not very conducive

464

00:22:28,840 --> 00:22:25,370

to spiritual growth so for example the I

465

00:22:31,029 --> 00:22:28,850

go into a discussion of terminology one

466

00:22:32,529 --> 00:22:31,039

of the most awesome helpful things about

467

00:22:35,759 --> 00:22:32,539

the polyamory movement is it gives

468

00:22:38,889 --> 00:22:35,769

people a new vocabulary for example

469

00:22:41,740 --> 00:22:38,899

there is the very ubiquitous concept of

470

00:22:43,389 --> 00:22:41,750

breaking up right so so-and-so broke up

471

00:22:45,430 --> 00:22:43,399

with so-and-so and I broke up with this

472

00:22:48,009 --> 00:22:45,440

person and it's usually a negative

473

00:22:50,889 --> 00:22:48,019

conversation you will feel like they

474

00:22:53,350 --> 00:22:50,899

have to pick sides they have to regret

475

00:22:56,440 --> 00:22:53,360

the past oh I feel like this was wasted

476

00:22:59,560 --> 00:22:56,450

time with this person and it's just it's

477

00:23:03,970 --> 00:22:59,570

awful it's really awful well the

478

00:23:05,470 --> 00:23:03,980

polyamory movement has it's not a

479

00:23:07,240 --> 00:23:05,480

necessarily quite a new word because the

480

00:23:11,200 --> 00:23:07,250

word was already around but the word

481

00:23:15,129 --> 00:23:11,210

transition / transitioning the concept

482

00:23:18,789 --> 00:23:15,139

is that you can change your status with

483

00:23:21,760 --> 00:23:18,799

someone make an informed agreement

484

00:23:23,950 --> 00:23:21,770

between two people

485

00:23:26,530 --> 00:23:23,960

think of it as a transition from one

486

00:23:29,410 --> 00:23:26,540

form to the next so in Buddhism we have

487

00:23:31,120 --> 00:23:29,420

the concept of impermanence so the idea

488

00:23:34,690 --> 00:23:31,130

behind impermanence is that everything

489

00:23:36,850 --> 00:23:34,700

changes you cannot get past that so even

490

00:23:39,880 --> 00:23:36,860

if you're in a marriage when you make

491

00:23:41,860 --> 00:23:39,890

vows um and you do stay together let's

492

00:23:44,590 --> 00:23:41,870

say ideally for a lifetime which is what

493

00:23:49,810 --> 00:23:44,600

you promised to do even then you still

494

00:23:52,630 --> 00:23:49,820

have the reality of living life in a

495

00:23:55,990 --> 00:23:52,640

body you have change you go through

496

00:23:57,100 --> 00:23:56,000

different jobs you move maybe you each

497

00:23:58,600 --> 00:23:57,110

person goes through different

498

00:24:00,430 --> 00:23:58,610

evolutionary processes so that by the

499

00:24:03,730 --> 00:24:00,440

end of the marriage you know maybe at

500

00:24:05,620 --> 00:24:03,740

the time one or both people are dying on

501
00:24:10,300 --> 00:24:05,630
their deathbed those people are not the

502
00:24:13,360 --> 00:24:10,310
same at all right out so we're actually

503
00:24:15,250 --> 00:24:13,370
all polyamorous we're all are it's just

504
00:24:17,320 --> 00:24:15,260
the fact whether you choose to engage in

505
00:24:19,240 --> 00:24:17,330
a more personal intimate way with your

506
00:24:24,880 --> 00:24:19,250
partners because we all have many loves

507
00:24:26,620 --> 00:24:24,890
in our life yes exactly that is one of

508
00:24:30,990 --> 00:24:26,630
the things that I talked about like a

509
00:24:34,900 --> 00:24:31,000
broken record in that we are all

510
00:24:37,720 --> 00:24:34,910
polyamorous love in so many different

511
00:24:42,400 --> 00:24:37,730
ways what polyamory does it's an

512
00:24:45,910 --> 00:24:42,410
egalitarian based mindset so um it's

513
00:24:50,470 --> 00:24:45,920

about coming together with in into a

514

00:24:52,750 --> 00:24:50,480

community so it's one of the issues and

515

00:24:55,750 --> 00:24:52,760

our current culture is a feeling of

516

00:24:57,310 --> 00:24:55,760

isolation and you know that's been a

517

00:24:58,810 --> 00:24:57,320

problem for humans for a really long

518

00:25:01,060 --> 00:24:58,820

time now and it seems to be getting

519

00:25:05,980 --> 00:25:01,070

worse actually not better that's just my

520

00:25:08,770 --> 00:25:05,990

opinion polyamory brings people together

521

00:25:10,960 --> 00:25:08,780

in beautiful ways so it the connections

522

00:25:13,960 --> 00:25:10,970

don't even necessarily need to be sexual

523

00:25:16,060 --> 00:25:13,970

so for example at one point and I talked

524

00:25:19,660 --> 00:25:16,070

about this in my book opening love I was

525

00:25:23,710 --> 00:25:19,670

involved in a quad so it was myself my

526
00:25:28,330 --> 00:25:23,720
husband Andrew his partner Cordelia and

527
00:25:29,500 --> 00:25:28,340
then Cordelia's other partner which I

528
00:25:33,420 --> 00:25:29,510
won't name his name because he's not

529
00:25:35,590 --> 00:25:33,430
fully out it was the four of us now I

530
00:25:39,039 --> 00:25:35,600
wasn't necessarily

531
00:25:42,610 --> 00:25:39,049
involved with Cordelia in the way that

532
00:25:45,279 --> 00:25:42,620
Andrew was and you know Cordelia's

533
00:25:46,480 --> 00:25:45,289
partner wasn't involved with Andrew the

534
00:25:47,860 --> 00:25:46,490
way that he was involved with Cordelia

535
00:25:50,409 --> 00:25:47,870
we all had different types of

536
00:25:52,779 --> 00:25:50,419
interactions but what we did was we came

537
00:25:54,909 --> 00:25:52,789
together for a period of time and we

538
00:25:58,330 --> 00:25:54,919

helped each other out with just mundane

539

00:25:59,260 --> 00:25:58,340

stuff grocery shopping um support you

540

00:26:01,750 --> 00:25:59,270

know you always knew that you had

541

00:26:03,940 --> 00:26:01,760

someone to call if something was

542

00:26:07,150 --> 00:26:03,950

difficult and you needed advice we were

543

00:26:08,529 --> 00:26:07,160

there for each other so that's one of

544

00:26:10,210 --> 00:26:08,539

the nice things about the polyamory

545

00:26:13,630 --> 00:26:10,220

movement is it's not all about the sex

546

00:26:16,180 --> 00:26:13,640

it's I mean it is it does recognize that

547

00:26:19,810 --> 00:26:16,190

sex between consenting adults is a

548

00:26:22,450 --> 00:26:19,820

beautiful uplifting experience but it is

549

00:26:26,470 --> 00:26:22,460

not all about the sex yeah you know we

550

00:26:29,200 --> 00:26:26,480

we carry and we have carried at least so

551
00:26:32,110 --> 00:26:29,210
much stuff surrounding sex the dirt of

552
00:26:34,990 --> 00:26:32,120
it the negatives of it and as much as

553
00:26:39,460 --> 00:26:35,000
everyone i would think just about

554
00:26:41,260 --> 00:26:39,470
everyone enjoys the act of it even the

555
00:26:43,270 --> 00:26:41,270
idea of just the thought it will make

556
00:26:45,490 --> 00:26:43,280
Ross someone's mind during the day but

557
00:26:48,539 --> 00:26:45,500
it's just there's so much baggage that

558
00:26:51,250 --> 00:26:48,549
seems to accompany that particular

559
00:26:52,750 --> 00:26:51,260
engagement and you know again as I said

560
00:26:57,460 --> 00:26:52,760
growing up Catholic it wasn't so much

561
00:27:00,419 --> 00:26:57,470
about that but being blasted inundated

562
00:27:04,810 --> 00:27:00,429
with ideas and beliefs surrounded by a

563
00:27:06,430 --> 00:27:04,820

sex um it makes it more difficult for

564

00:27:10,390 --> 00:27:06,440

you a person who is in a monogamous

565

00:27:14,230 --> 00:27:10,400

relationship even to let go and relax

566

00:27:16,750 --> 00:27:14,240

and enjoy yourself blissfully with your

567

00:27:18,490 --> 00:27:16,760

partner I would agree with that totally

568

00:27:20,409 --> 00:27:18,500

and you know I like I said at the

569

00:27:24,100 --> 00:27:20,419

beginning of the died on the show I'm

570

00:27:26,020 --> 00:27:24,110

always one for looking at my fear um you

571

00:27:28,659 --> 00:27:26,030

know taking that deep breath and

572

00:27:29,950 --> 00:27:28,669

stepping right into it and okay my way

573

00:27:32,289 --> 00:27:29,960

through it because once you cross that

574

00:27:34,330 --> 00:27:32,299

threshold yeah you're gonna feel funky

575

00:27:36,370 --> 00:27:34,340

for a little while it's gonna feel a

576

00:27:39,100 --> 00:27:36,380

keen next thing you know 30 seconds late

577

00:27:41,110 --> 00:27:39,110

you know what I'm okay there's I'm truly

578

00:27:42,820 --> 00:27:41,120

okay in a minute later I'm really okay

579

00:27:46,060 --> 00:27:42,830

next thing you know you move through a

580

00:27:47,409 --> 00:27:46,070

pattern a block a wall and it's done you

581

00:27:49,030 --> 00:27:47,419

done with it for the rest of your life

582

00:27:50,830 --> 00:27:49,040

so the

583

00:27:52,990 --> 00:27:50,840

reason I decided that I really want to

584

00:27:57,460 --> 00:27:53,000

talk at least some about this particular

585

00:27:59,890 --> 00:27:57,470

arm practice it's because does it mean

586

00:28:01,780 --> 00:27:59,900

you have to move into this particular

587

00:28:04,120 --> 00:28:01,790

experience we're not suggesting that you

588

00:28:07,570 --> 00:28:04,130

do what we are saying is if you open

589

00:28:10,660 --> 00:28:07,580

your mind to the idea only for the sake

590

00:28:13,720 --> 00:28:10,670

of removing that which is blocking you

591

00:28:15,790 --> 00:28:13,730

in your life just to have intimacy

592

00:28:18,970 --> 00:28:15,800

however you choose to employ that in

593

00:28:20,320 --> 00:28:18,980

your life can be so expansive to your

594

00:28:24,960 --> 00:28:20,330

own consciousness to your own well-being

595

00:28:29,710 --> 00:28:24,970

to your own spiritual growth amen I

596

00:28:31,210 --> 00:28:29,720

think yeah same or if you are talking on

597

00:28:36,820 --> 00:28:31,220

I think we're done with I think we're

598

00:28:38,920 --> 00:28:36,830

done with the show yeah yeah you know it

599

00:28:42,340 --> 00:28:38,930

to me it's all about removing the fear

600

00:28:46,690 --> 00:28:42,350

and we always assign not only body part

601
00:28:48,940 --> 00:28:46,700
well not only people you know in our

602
00:28:51,160 --> 00:28:48,950
life a role and we expect them to carry

603
00:28:52,960 --> 00:28:51,170
that roll out now this is the role I've

604
00:28:55,240 --> 00:28:52,970
given you we also do that with body

605
00:28:56,980 --> 00:28:55,250
parts you know this particular body part

606
00:28:59,020 --> 00:28:56,990
has this particular function in that

607
00:29:00,370 --> 00:28:59,030
function only it's just a body part it's

608
00:29:02,500 --> 00:29:00,380
no more important than your finger you

609
00:29:05,710 --> 00:29:02,510
tow your head you here it's all the same

610
00:29:09,730 --> 00:29:05,720
thing it's it's amazing the power that

611
00:29:12,220 --> 00:29:09,740
we have and when we assigned an idea a

612
00:29:15,100 --> 00:29:12,230
belief a suggestion from the outside

613
00:29:18,280 --> 00:29:15,110

influence that this means that and means

614

00:29:21,520 --> 00:29:18,290

that only and it really chokes us and it

615

00:29:23,290 --> 00:29:21,530

really stifles our growth it's really

616

00:29:26,740 --> 00:29:23,300

about charting your own course through

617

00:29:29,650 --> 00:29:26,750

life and and in granted we are to a

618

00:29:31,750 --> 00:29:29,660

certain extent constrain or we think are

619

00:29:39,610 --> 00:29:31,760

constrained by certain things like money

620

00:29:43,000 --> 00:29:39,620

or prestige or reputation however if we

621

00:29:46,000 --> 00:29:43,010

do open our minds a little bit we can

622

00:29:47,860 --> 00:29:46,010

see that we are not we do have wiggle

623

00:29:53,080 --> 00:29:47,870

room for how we want to make decisions I

624

00:29:57,160 --> 00:29:53,090

mean I host a polyamory support group at

625

00:29:59,940 --> 00:29:57,170

my home and there's people that come

626

00:30:03,000 --> 00:29:59,950

that aren't out

627

00:30:04,830 --> 00:30:03,010

at all and in fact they're super

628

00:30:07,470 --> 00:30:04,840

closeted in that they're a little bit

629

00:30:09,810 --> 00:30:07,480

even nervous coming to the group but

630

00:30:12,720 --> 00:30:09,820

they do because they want to just hang

631

00:30:15,960 --> 00:30:12,730

out with people who are cool cool

632

00:30:18,299 --> 00:30:15,970

open-minded bisexuality not judgmental

633

00:30:19,919 --> 00:30:18,309

you know you can you're welcomed here if

634

00:30:23,190 --> 00:30:19,929

you come in the door you're completely

635

00:30:24,750 --> 00:30:23,200

welcomed but um but even so like even

636

00:30:28,379 --> 00:30:24,760

though they're not out there's no

637

00:30:30,090 --> 00:30:28,389

judgment on my part my partner he helps

638

00:30:32,430 --> 00:30:30,100

me host this support group heat we're

639

00:30:33,810 --> 00:30:32,440

not saying you know constantly saying

640

00:30:36,750 --> 00:30:33,820

you should come out I mean in fact we

641

00:30:38,580 --> 00:30:36,760

never really say that we only really

642

00:30:40,769 --> 00:30:38,590

sort of mention it to the people who are

643

00:30:42,269 --> 00:30:40,779

kind of at the edge and we can tell and

644

00:30:44,879 --> 00:30:42,279

we're like well you know if you came out

645

00:30:46,289 --> 00:30:44,889

these might be the consequences and you

646

00:30:50,129 --> 00:30:46,299

need to think about it and you know you

647

00:30:51,930 --> 00:30:50,139

won't die and um worst case scenario you

648

00:30:56,759 --> 00:30:51,940

know you know here are the possibilities

649

00:30:58,350 --> 00:30:56,769

but um there is room for how you want to

650

00:31:00,870 --> 00:30:58,360

live your life even if you want to

651
00:31:03,990 --> 00:31:00,880
practice polyamory you know have

652
00:31:06,060 --> 00:31:04,000
different kinds of relationships you

653
00:31:08,549 --> 00:31:06,070
don't have to be all out about it you

654
00:31:10,950 --> 00:31:08,559
don't have to do what I'm doing it write

655
00:31:13,409 --> 00:31:10,960
a book about it you just practice it and

656
00:31:15,810 --> 00:31:13,419
you kind of keep it quiet and that might

657
00:31:17,279 --> 00:31:15,820
be what you want to do so we and I love

658
00:31:20,519 --> 00:31:17,289
what you were saying about sexuality

659
00:31:24,090 --> 00:31:20,529
about body parts because some of the

660
00:31:26,430 --> 00:31:24,100
people move really the lot of the main

661
00:31:28,680 --> 00:31:26,440
spokespeople for polyamory are involved

662
00:31:32,810 --> 00:31:28,690
with says sacred sexuality movement

663
00:31:36,269 --> 00:31:32,820

which essentially breaks apart our

664

00:31:37,620 --> 00:31:36,279

notions about what sex is so yeah like

665

00:31:40,889 --> 00:31:37,630

you were saying like certain body parts

666

00:31:43,740 --> 00:31:40,899

are you know considered yet deemed to be

667

00:31:46,409 --> 00:31:43,750

more sexual less sexual and you know in

668

00:31:48,330 --> 00:31:46,419

workshops that I've taught or been to

669

00:31:50,070 --> 00:31:48,340

some of this like here's an example of a

670

00:31:51,629 --> 00:31:50,080

practice you know partner up with

671

00:31:54,389 --> 00:31:51,639

someone who sit next to you in the group

672

00:31:57,330 --> 00:31:54,399

and just spend ten minutes taking your

673

00:32:00,779 --> 00:31:57,340

index finger and slightly rubbing it on

674

00:32:02,580 --> 00:32:00,789

their elbow but with the intent to make

675

00:32:05,610 --> 00:32:02,590

the other person that you're touching

676

00:32:07,110 --> 00:32:05,620

you know feel as awesome as possible but

677

00:32:09,600 --> 00:32:07,120

that's the limitations you can only

678

00:32:10,690 --> 00:32:09,610

touch their elbow and you wouldn't even

679

00:32:13,060 --> 00:32:10,700

believe

680

00:32:14,920 --> 00:32:13,070

the end of the 10 minutes how awesome

681

00:32:16,900 --> 00:32:14,930

both people feel from that practice so

682

00:32:19,510 --> 00:32:16,910

that would be sort of a safe zone a

683

00:32:21,010 --> 00:32:19,520

starting point it doesn't mean you have

684

00:32:23,920 --> 00:32:21,020

to carry it further it's a starting

685

00:32:26,320 --> 00:32:23,930

point to help open one's mind to the

686

00:32:29,470 --> 00:32:26,330

idea it's okay to touch somebody it's

687

00:32:31,930 --> 00:32:29,480

okay providing of course both intentions

688

00:32:33,550 --> 00:32:31,940

or aligned yes absolutely and you see

689

00:32:38,430 --> 00:32:33,560

and again I'll go back to the beginning

690

00:32:41,170 --> 00:32:38,440

of the show when I was sent by Maria

691

00:32:44,020 --> 00:32:41,180

suggested guests for the show I read

692

00:32:46,150 --> 00:32:44,030

your bio and I did some research and I

693

00:32:48,670 --> 00:32:46,160

had some hesitation I really did and

694

00:32:51,130 --> 00:32:48,680

because I did it pushed me even further

695

00:32:54,280 --> 00:32:51,140

to say this is a bunch of whatever and

696

00:32:56,140 --> 00:32:54,290

is more than I'm going to do it because

697

00:32:58,420 --> 00:32:56,150

this show is deemed center of light and

698

00:33:02,290 --> 00:32:58,430

if there's knowledge to be gleaned here

699

00:33:05,230 --> 00:33:02,300

through this medium this platform sin of

700

00:33:07,330 --> 00:33:05,240

light radio that helps expand people

701
00:33:09,610 --> 00:33:07,340
into greater ideas not necessarily to

702
00:33:12,280 --> 00:33:09,620
join such a movement try to give you the

703
00:33:14,650 --> 00:33:12,290
information information equals power

704
00:33:16,900 --> 00:33:14,660
equals knowledge equals bliss if you get

705
00:33:19,570 --> 00:33:16,910
that information you can BS know how to

706
00:33:21,730 --> 00:33:19,580
meander your own life with choices it

707
00:33:24,670 --> 00:33:21,740
might help even even alleviate some of

708
00:33:27,270 --> 00:33:24,680
the judgment you have towards people

709
00:33:29,410 --> 00:33:27,280
such as yourself and in the movement

710
00:33:31,660 --> 00:33:29,420
about their life and the choices that

711
00:33:33,780 --> 00:33:31,670
they make for themselves thank you for

712
00:33:36,520 --> 00:33:33,790
having the bravery and the courage and

713
00:33:39,010 --> 00:33:36,530

doing that because I did I sensed the

714

00:33:40,600 --> 00:33:39,020

hesitation and I thought to myself well

715

00:33:43,060 --> 00:33:40,610

if it doesn't happen it doesn't happen

716

00:33:47,580 --> 00:33:43,070

and that's okay because that's happened

717

00:33:50,590 --> 00:33:47,590

you know with other you know radio

718

00:33:53,800 --> 00:33:50,600

programs that have almost happened and

719

00:33:55,660 --> 00:33:53,810

didn't and that's okay because it wasn't

720

00:33:58,350 --> 00:33:55,670

meant to be at that time so but I do I

721

00:34:02,020 --> 00:33:58,360

appreciate that a lot and I'm like yeah

722

00:34:06,280 --> 00:34:02,030

I think that one of the reasons people

723

00:34:10,800 --> 00:34:06,290

end up shying away from it is because it

724

00:34:13,480 --> 00:34:10,810

is confusing you know there is the

725

00:34:15,790 --> 00:34:13,490

similarity in words for example of

726
00:34:17,770 --> 00:34:15,800
polyamory to polygamy now I don't want

727
00:34:21,460 --> 00:34:17,780
to display gimme but it is a very

728
00:34:24,520 --> 00:34:21,470
specific um the agenda is totally

729
00:34:28,450 --> 00:34:24,530
different yeah hello most perfectly

730
00:34:30,610 --> 00:34:28,460
all together yeah and you know while I

731
00:34:33,130 --> 00:34:30,620
don't know any polygamous people and

732
00:34:37,630 --> 00:34:33,140
I've heard and I've read that there are

733
00:34:41,260 --> 00:34:37,640
situations where the gender dynamics are

734
00:34:43,240 --> 00:34:41,270
actually egalitarian um I do know that

735
00:34:45,790 --> 00:34:43,250
for the most part sexuality you know

736
00:34:48,610 --> 00:34:45,800
within the polygamy is viewed as pretty

737
00:34:52,090 --> 00:34:48,620
much like just have sex for to make

738
00:34:55,810 --> 00:34:52,100

babies and it's still pretty sexualities

739

00:35:00,070 --> 00:34:55,820

deemed to be shameful and you know kind

740

00:35:04,180 --> 00:35:00,080

of where is polyamory is more of a sex

741

00:35:07,210 --> 00:35:04,190

positive approach so there is that kind

742

00:35:09,100 --> 00:35:07,220

of issue and people just they're

743

00:35:12,220 --> 00:35:09,110

uninformed about a poly maria's because

744

00:35:15,970 --> 00:35:12,230

it is so new even though I mean myself

745

00:35:19,300 --> 00:35:15,980

I've been out since 2010 and even

746

00:35:21,700 --> 00:35:19,310

between now and or between then and now

747

00:35:24,490 --> 00:35:21,710

just seeing the media coverage increase

748

00:35:28,030 --> 00:35:24,500

about the subject of polyamory or sacred

749

00:35:29,680 --> 00:35:28,040

sexuality has I mean more than doubled I

750

00:35:33,190 --> 00:35:29,690

don't even I don't know the statistics

751

00:35:35,830 --> 00:35:33,200

but it's incredible so but even with

752

00:35:38,440 --> 00:35:35,840

that it's still on pretty much unknown

753

00:35:40,200 --> 00:35:38,450

in the mainstream public so yeah it's

754

00:35:42,490 --> 00:35:40,210

hard to tackle a topic that you don't

755

00:35:45,400 --> 00:35:42,500

you don't really know where the person

756

00:35:48,400 --> 00:35:45,410

is coming from is this like a fanatical

757

00:35:51,370 --> 00:35:48,410

like weird up fringe person you know so

758

00:35:53,770 --> 00:35:51,380

I that makes sense it's amazing how the

759

00:35:56,290 --> 00:35:53,780

most amazing thing that manifests on

760

00:35:59,620 --> 00:35:56,300

this planet happens through sex and that

761

00:36:02,230 --> 00:35:59,630

is human birth and it's a it's wild to

762

00:36:05,680 --> 00:36:02,240

use the word how we've gathered

763

00:36:08,350 --> 00:36:05,690

collected all this dust all these funky

764

00:36:10,540 --> 00:36:08,360

things that attacked you know even in my

765

00:36:13,690 --> 00:36:10,550

own life I can see there are aspects of

766

00:36:15,490 --> 00:36:13,700

myself as I look towards my past when I

767

00:36:18,340 --> 00:36:15,500

would do such things it was always to

768

00:36:20,110 --> 00:36:18,350

fill a hole inside of myself now living

769

00:36:22,360 --> 00:36:20,120

through all that and being where I'm at

770

00:36:25,720 --> 00:36:22,370

now currently in my life I see the

771

00:36:28,570 --> 00:36:25,730

nonsense that i lived in my approach as

772

00:36:30,190 --> 00:36:28,580

to why we are at the bottom of the hour

773

00:36:32,590 --> 00:36:30,200

would you give out your contact

774

00:36:34,810 --> 00:36:32,600

information so our listening on it can

775

00:36:35,820 --> 00:36:34,820

find out more about you your movement in

776

00:36:41,780 --> 00:36:35,830

your book

777

00:36:45,720 --> 00:36:41,790

yes dr. Anya dotnet so dr aan why not n

778

00:36:47,850 --> 00:36:45,730

ET and you can find my book opening love

779

00:36:52,170 --> 00:36:47,860

intentional relationships and evolution

780

00:36:53,730 --> 00:36:52,180

of consciousness on amazon I love that I

781

00:36:55,590 --> 00:36:53,740

love that phrase intentional

782

00:36:57,840 --> 00:36:55,600

relationships there's a clarity there's

783

00:37:01,260 --> 00:36:57,850

an understanding I'd like to move a

784

00:37:10,260 --> 00:37:01,270

little more into the aspects of love and

785

00:37:12,570 --> 00:37:10,270

relationship how do we begin to create

786

00:37:14,850 --> 00:37:12,580

better loving relationships in our life

787

00:37:16,350 --> 00:37:14,860

we think that we go to the store we

788

00:37:18,210 --> 00:37:16,360

accidentally bump our shopping cart in

789

00:37:21,030 --> 00:37:18,220

to someone we meet them or we go to

790

00:37:26,250 --> 00:37:21,040

church to meet someone I will we go to

791

00:37:28,110 --> 00:37:26,260

bars to meet someone I've always had an

792

00:37:33,210 --> 00:37:28,120

issue with someone saying I am attracted

793

00:37:38,190 --> 00:37:33,220

to that person for me that is not a good

794

00:37:40,620 --> 00:37:38,200

place to start because um it's almost as

795

00:37:43,620 --> 00:37:40,630

if we're already setting up the idea I

796

00:37:48,330 --> 00:37:43,630

need this person to fulfill some empty

797

00:37:50,310 --> 00:37:48,340

part of myself versus finding someone

798

00:37:53,370 --> 00:37:50,320

meeting someone that you were just so

799

00:37:55,680 --> 00:37:53,380

amazingly compatible with and then

800

00:38:00,420 --> 00:37:55,690

beginning a relationship from that

801
00:38:05,970 --> 00:38:00,430
particular place mm yes we have the same

802
00:38:09,000 --> 00:38:05,980
views all right um basically when i'll

803
00:38:11,250 --> 00:38:09,010
give you a concrete example of this so

804
00:38:13,830 --> 00:38:11,260
when I met one of my current partners

805
00:38:17,490 --> 00:38:13,840
Robert and I discussed this in opening

806
00:38:22,230 --> 00:38:17,500
love in detail he I wasn't attracted to

807
00:38:26,280 --> 00:38:22,240
him um he he presented as just you know

808
00:38:30,120 --> 00:38:26,290
this nice seeming man we you know got

809
00:38:32,190 --> 00:38:30,130
together we went to we had the same

810
00:38:33,750 --> 00:38:32,200
friend group so we kept showing up the

811
00:38:37,680 --> 00:38:33,760
same events and it was kind of funny and

812
00:38:39,390 --> 00:38:37,690
then what happened was is we just

813
00:38:43,770 --> 00:38:39,400

actually then started to get to know

814

00:38:46,920 --> 00:38:43,780

each other and it is so it wasn't based

815

00:38:49,350 --> 00:38:46,930

on that initial like lust like oh it was

816

00:38:49,590 --> 00:38:49,360

a deeper connection that evolved and I

817

00:38:53,820 --> 00:38:49,600

say

818

00:38:55,680 --> 00:38:53,830

that when you come together with someone

819

00:38:58,820 --> 00:38:55,690

not out of like you said not out of a

820

00:39:02,900 --> 00:38:58,830

lack and not looking to have that person

821

00:39:05,760 --> 00:39:02,910

fulfill you because you are not worthy

822

00:39:09,060 --> 00:39:05,770

alone but you rather come together out

823

00:39:13,110 --> 00:39:09,070

of this sort of blissful recognition of

824

00:39:15,810 --> 00:39:13,120

oh if we get together our lives could be

825

00:39:18,150 --> 00:39:15,820

this much more awesome yeah already

826

00:39:22,530 --> 00:39:18,160

awesome and like you said because you

827

00:39:24,660 --> 00:39:22,540

are not attracted to this person there

828

00:39:27,090 --> 00:39:24,670

was nothing superficial in the way and

829

00:39:29,130 --> 00:39:27,100

you were able to well as time went by

830

00:39:33,360 --> 00:39:29,140

and unfolded in the season in its season

831

00:39:35,070 --> 00:39:33,370

was able to experience the core of not

832

00:39:37,590 --> 00:39:35,080

only the person but the potential that

833

00:39:40,440 --> 00:39:37,600

lies there lay there but between you and

834

00:39:43,530 --> 00:39:40,450

this person perfect example excuse me I

835

00:39:46,620 --> 00:39:43,540

had a dear friend of mine some years ago

836

00:39:51,210 --> 00:39:46,630

is playing music in a loud smoky alcohol

837

00:39:53,730 --> 00:39:51,220

field rock bar which I love she was

838

00:39:57,570 --> 00:39:53,740

having some issues and the guy that she

839

00:39:59,070 --> 00:39:57,580

was up somewhat with their standing at

840

00:40:00,780 --> 00:39:59,080

the bar they weren't really dating they

841

00:40:02,490 --> 00:40:00,790

just kind of went there together with

842

00:40:05,520 --> 00:40:02,500

the possible idea that something may

843

00:40:08,160 --> 00:40:05,530

develop he was good-looking guy I mean

844

00:40:12,510 --> 00:40:08,170

he was built and he had had all this

845

00:40:15,390 --> 00:40:12,520

bling bling to him as a person as to why

846

00:40:17,340 --> 00:40:15,400

a young lady would be attracted to such

847

00:40:21,030 --> 00:40:17,350

a guy if we following the old paradigm

848

00:40:25,170 --> 00:40:21,040

that being said he decided he was going

849

00:40:27,780 --> 00:40:25,180

to go to the restroom and as he did the

850

00:40:30,690 --> 00:40:27,790

guy next to her on her left tap some say

851
00:40:33,240 --> 00:40:30,700
excuse me can I buy you a drink and keep

852
00:40:36,360 --> 00:40:33,250
in mind I knew both guys on you both

853
00:40:38,040 --> 00:40:36,370
gentlemen without judgment a new guy on

854
00:40:40,800 --> 00:40:38,050
the right a new guy in the left and

855
00:40:43,290 --> 00:40:40,810
she's been complaining to me in times

856
00:40:45,330 --> 00:40:43,300
before that Keith I'm really looking for

857
00:40:47,220 --> 00:40:45,340
this type of guy who blah blah blah and

858
00:40:49,800 --> 00:40:47,230
that's really what I want my life but

859
00:40:52,680 --> 00:40:49,810
yet she's Saleh waiting at John Doe on

860
00:40:54,900 --> 00:40:52,690
the right and Jack though on the Left

861
00:40:57,420 --> 00:40:54,910
wasn't like that's the guy you want the

862
00:41:00,780 --> 00:40:57,430
guy on the left and but he was invisible

863
00:41:03,270 --> 00:41:00,790

to her and I mean that knock he was

864

00:41:07,740 --> 00:41:03,280

truly invisible she could literally

865

00:41:09,630 --> 00:41:07,750

not see him there and so she was all she

866

00:41:11,730 --> 00:41:09,640

was interested in the in the glitz the

867

00:41:13,290 --> 00:41:11,740

glam the bling bling and all this the

868

00:41:15,330 --> 00:41:13,300

outsides I'm not saying the other guy

869

00:41:18,890 --> 00:41:15,340

didn't have heart and that he was not a

870

00:41:24,930 --> 00:41:18,900

solid individual but I know her and her

871

00:41:26,850 --> 00:41:24,940

being enamored and just one attracted to

872

00:41:28,650 --> 00:41:26,860

the gentleman when the guy truly on her

873

00:41:33,720 --> 00:41:28,660

left was the one that she's been praying

874

00:41:35,430 --> 00:41:33,730

for or at least his type right I think a

875

00:41:38,430 --> 00:41:35,440

lot of people are still stuck in that

876

00:41:40,710 --> 00:41:38,440

shallow mindset of just looking at the

877

00:41:43,350 --> 00:41:40,720

physical appearance as if that is the

878

00:41:45,150 --> 00:41:43,360

main motivating factor of whether you're

879

00:41:50,550 --> 00:41:45,160

getting in a relationship with someone

880

00:41:52,110 --> 00:41:50,560

and um I i I'm so out of that paradigm

881

00:41:54,090 --> 00:41:52,120

that I sometimes forget that that's

882

00:41:57,690 --> 00:41:54,100

still the paradigm most people are

883

00:41:59,970 --> 00:41:57,700

working so um and I actually was

884

00:42:01,650 --> 00:41:59,980

speaking with a friend the other day and

885

00:42:04,770 --> 00:42:01,660

I said do you think that you had the

886

00:42:06,570 --> 00:42:04,780

capability to love anyone and everyone

887

00:42:08,250 --> 00:42:06,580

because i myself have been thinking

888

00:42:11,100 --> 00:42:08,260

about those i was you know just as like

889

00:42:13,560 --> 00:42:11,110

a hypothetical experience imagining

890

00:42:15,180 --> 00:42:13,570

someone who by the normative standards

891

00:42:16,950 --> 00:42:15,190

would not be attractive in any way in

892

00:42:19,890 --> 00:42:16,960

fact maybe most people would say they're

893

00:42:21,680 --> 00:42:19,900

ugly or even like disgusting or

894

00:42:24,480 --> 00:42:21,690

something like that i was thinkin o

895

00:42:25,950 --> 00:42:24,490

trying to you know picture different

896

00:42:27,540 --> 00:42:25,960

scenarios in my head and thinking could

897

00:42:29,490 --> 00:42:27,550

i fall in love with someone like that i

898

00:42:31,020 --> 00:42:29,500

was thinking yeah i think i could and

899

00:42:33,000 --> 00:42:31,030

then we're having this conversation and

900

00:42:35,460 --> 00:42:33,010

i asked the person and he said yeah i

901
00:42:39,990 --> 00:42:35,470
definitely think I could and that's

902
00:42:42,650 --> 00:42:40,000
another aspect of the evolving

903
00:42:46,590 --> 00:42:42,660
consciousness in relationships you know

904
00:42:49,020 --> 00:42:46,600
where we're getting to the root of the

905
00:42:51,270 --> 00:42:49,030
person that it really I mean it's sort

906
00:42:53,160 --> 00:42:51,280
of a cliché of like you know it's not

907
00:42:54,420 --> 00:42:53,170
the cup what is it the it's not the

908
00:42:56,520 --> 00:42:54,430
cover of the book that counts it's

909
00:42:59,130 --> 00:42:56,530
what's inside or whatever but I mean

910
00:43:02,310 --> 00:42:59,140
it's true that that is what matters and

911
00:43:04,950 --> 00:43:02,320
you know when the initial spark dies

912
00:43:07,140 --> 00:43:04,960
away now in the polyamory movement by

913
00:43:09,570 --> 00:43:07,150

the way we have a term call NRI which is

914

00:43:11,580 --> 00:43:09,580

new relationship energy and it's the

915

00:43:13,620 --> 00:43:11,590

idea that in the beginning relationship

916

00:43:15,840 --> 00:43:13,630

you're basically like insane because

917

00:43:16,980 --> 00:43:15,850

you're so in love and you have all these

918

00:43:18,720 --> 00:43:16,990

sparks

919

00:43:21,810 --> 00:43:18,730

and everything is just new and exciting

920

00:43:24,030 --> 00:43:21,820

and shiny anyway when you know when the

921

00:43:26,670 --> 00:43:24,040

NRI dies off which it always does it

922

00:43:30,560 --> 00:43:26,680

always does you settle over time into

923

00:43:34,080 --> 00:43:30,570

more of a you know less intense

924

00:43:37,830 --> 00:43:34,090

situation well what about looks then

925

00:43:40,530 --> 00:43:37,840

does it really matter um I don't think

926

00:43:43,290 --> 00:43:40,540

it looks matter over time you basically

927

00:43:46,920 --> 00:43:43,300

come to love the person for who they are

928

00:43:50,609 --> 00:43:46,930

inside and that's actually I get up that

929

00:43:52,500 --> 00:43:50,619

changes the whole game yeah when you

930

00:43:55,560 --> 00:43:52,510

love someone inside for who they are in

931

00:43:58,859 --> 00:43:55,570

fact the level of depth just goes to the

932

00:44:03,530 --> 00:43:58,869

infinite it really does it really

933

00:44:06,570 --> 00:44:03,540

there's been moments you know with with

934

00:44:08,310 --> 00:44:06,580

with different partners that I've had

935

00:44:10,560 --> 00:44:08,320

that we've just you know been looking at

936

00:44:13,590 --> 00:44:10,570

each other's eyes and and I've actually

937

00:44:15,720 --> 00:44:13,600

passed out once from limb my partner and

938

00:44:17,670 --> 00:44:15,730

i we were like looking at each other in

939

00:44:19,350 --> 00:44:17,680

the shower just looking at each other we

940

00:44:22,890 --> 00:44:19,360

weren't even really I don't touching

941

00:44:28,140 --> 00:44:22,900

each other even and I saw like looking

942

00:44:29,430 --> 00:44:28,150

into his eyes I saw the beginning maybe

943

00:44:31,560 --> 00:44:29,440

it's not the big thing but it was like

944

00:44:33,660 --> 00:44:31,570

sort of the moment of the universe where

945

00:44:37,440 --> 00:44:33,670

everything started to expand outward and

946

00:44:41,250 --> 00:44:37,450

I saw how him and I fit into that and

947

00:44:43,320 --> 00:44:41,260

then I felt everything else and just it

948

00:44:48,359 --> 00:44:43,330

was all kind of in this flash and I I

949

00:44:52,650 --> 00:44:48,369

literally like fell over um and that you

950

00:44:54,960 --> 00:44:52,660

know that kind of connection I've even

951
00:44:56,910 --> 00:44:54,970
had that quite same experience with with

952
00:45:01,170 --> 00:44:56,920
other people but I've had that same sort

953
00:45:04,170 --> 00:45:01,180
of like cosmic feeling with so many

954
00:45:09,300 --> 00:45:04,180
different people and you know um an

955
00:45:11,400 --> 00:45:09,310
aspect of why but people like to come to

956
00:45:14,580 --> 00:45:11,410
my workshops is because you know when

957
00:45:18,290 --> 00:45:14,590
I'm with people I really do my best to

958
00:45:24,090 --> 00:45:18,300
look almost through them and see them

959
00:45:27,870 --> 00:45:24,100
and it even look into someone's eyes if

960
00:45:30,300 --> 00:45:27,880
you both lock it can get a little

961
00:45:30,750 --> 00:45:30,310
intimidating and you may do it for 15

962
00:45:34,620 --> 00:45:30,760
seconds

963
00:45:36,270 --> 00:45:34,630

thing you know you find yourself in a

964

00:45:38,190 --> 00:45:36,280

zone and all of a sudden something else

965

00:45:41,460 --> 00:45:38,200

begins to crop up and it's a it's a

966

00:45:43,500 --> 00:45:41,470

beautiful mirror for one to be able to

967

00:45:45,810 --> 00:45:43,510

see themselves and where they have the

968

00:45:47,880 --> 00:45:45,820

hang-ups and what is it that you are not

969

00:45:51,530 --> 00:45:47,890

exposing not exposing but what is it

970

00:45:56,610 --> 00:45:51,540

that you are afraid to let be revealed

971

00:45:58,110 --> 00:45:56,620

yes eyes on and it doesn't mean yet to

972

00:46:01,800 --> 00:45:58,120

share what the other person just your

973

00:46:03,870 --> 00:46:01,810

own acknowledgment of what we're trying

974

00:46:05,940 --> 00:46:03,880

to keep down what we keep trying to

975

00:46:07,140 --> 00:46:05,950

suppress and of course it's going to

976
00:46:09,660 --> 00:46:07,150
come up you're making yourself available

977
00:46:12,450 --> 00:46:09,670
by looking to the went the the the

978
00:46:14,580 --> 00:46:12,460
window of someone else's soul right and

979
00:46:17,370 --> 00:46:14,590
that reflection is automatically going

980
00:46:19,290 --> 00:46:17,380
to call cough up the dark yes let me ask

981
00:46:20,970 --> 00:46:19,300
you this on it out of my research that I

982
00:46:23,760 --> 00:46:20,980
did to bring you into the show I never

983
00:46:26,130 --> 00:46:23,770
found out I'll never saw what is your

984
00:46:29,490 --> 00:46:26,140
doctor's degree in if I may ask sure

985
00:46:34,070 --> 00:46:29,500
it's a doctorate in English so not in

986
00:46:37,440 --> 00:46:34,080
you know psychiatry or anything medical

987
00:46:41,100 --> 00:46:37,450
yeah it's it's English the nickname came

988
00:46:44,180 --> 00:46:41,110

about because around the time I was

989

00:46:48,270 --> 00:46:44,190

getting my doctorate in the English um

990

00:46:50,550 --> 00:46:48,280

my i do i work with healing with people

991

00:46:52,500 --> 00:46:50,560

through reiki and so they were kind of

992

00:46:54,690 --> 00:46:52,510

joking with me that oh you're a doctor

993

00:46:57,240 --> 00:46:54,700

now but you're not like a real doctor

994

00:46:59,490 --> 00:46:57,250

not like an MD even though I was you

995

00:47:01,500 --> 00:46:59,500

know helping them with different

996

00:47:04,440 --> 00:47:01,510

physical problems that they had and so

997

00:47:06,420 --> 00:47:04,450

they started calling me dr. Anya and it

998

00:47:08,810 --> 00:47:06,430

was sort of cute and like I don't know a

999

00:47:12,000 --> 00:47:08,820

part of me thought at first that it was

1000

00:47:13,290 --> 00:47:12,010

too I don't know I guess there was

1001
00:47:14,760 --> 00:47:13,300
apartment it didn't like the nickname

1002
00:47:17,250 --> 00:47:14,770
but then a part of me thought well

1003
00:47:20,520 --> 00:47:17,260
that's kind of catchy so it's sort of

1004
00:47:23,250 --> 00:47:20,530
just stuck and yeah that's it was an

1005
00:47:26,760 --> 00:47:23,260
English but um my dissertation that I

1006
00:47:28,560 --> 00:47:26,770
had to complete for my degree I chose to

1007
00:47:30,810 --> 00:47:28,570
write about the polyamory movement and I

1008
00:47:34,230 --> 00:47:30,820
was the first person in my field to do

1009
00:47:36,180 --> 00:47:34,240
that or my sub field rather my subfield

1010
00:47:40,530 --> 00:47:36,190
within English was rhetoric and writing

1011
00:47:43,650 --> 00:47:40,540
so looking at how language has the

1012
00:47:44,520 --> 00:47:43,660
potential to shape people's entire

1013
00:47:46,620 --> 00:47:44,530

worldview

1014

00:47:48,720 --> 00:47:46,630

so people have sort of the negative

1015

00:47:50,670 --> 00:47:48,730

connotation board rhetoric but the way

1016

00:47:53,250 --> 00:47:50,680

that I studied it was looking at how

1017

00:47:56,220 --> 00:47:53,260

words can empower people and how if we

1018

00:48:00,240 --> 00:47:56,230

like really dig down through cultural

1019

00:48:03,780 --> 00:48:00,250

conditioning we can use words to create

1020

00:48:05,100 --> 00:48:03,790

positive change for people so i looked

1021

00:48:10,140 --> 00:48:05,110

at the polyamory movement and my

1022

00:48:13,230 --> 00:48:10,150

dissertation and i dug deeper and tried

1023

00:48:15,200 --> 00:48:13,240

to show how the polyamory movement has a

1024

00:48:19,350 --> 00:48:15,210

lot with actually the gay and lesbian

1025

00:48:22,740 --> 00:48:19,360

social movement as well the LGBT you

1026
00:48:28,200 --> 00:48:22,750
know queer movement how those things are

1027
00:48:30,930 --> 00:48:28,210
really related and how we can learn some

1028
00:48:33,390 --> 00:48:30,940
of the lessons that our friends in the

1029
00:48:35,160 --> 00:48:33,400
gay and lesbian movement have learned in

1030
00:48:44,070 --> 00:48:35,170
the past 20 or 30 years and apply that

1031
00:48:47,820 --> 00:48:44,080
to the polyamory movement hmm so let me

1032
00:48:51,060 --> 00:48:47,830
ask you this when people are in

1033
00:48:54,200 --> 00:48:51,070
relationship I think what often comes

1034
00:48:57,930 --> 00:48:54,210
into play is a lack of dialogue

1035
00:49:03,300 --> 00:48:57,940
surrounding the subject of sex because

1036
00:49:10,050 --> 00:49:03,310
both people have ideas of what it takes

1037
00:49:11,790 --> 00:49:10,060
to help them catapult into bliss they're

1038
00:49:14,310 --> 00:49:11,800

so scared to death to share that with

1039

00:49:18,600 --> 00:49:14,320

their partner believing that it would

1040

00:49:21,330 --> 00:49:18,610

offend them make them nervous make them

1041

00:49:24,660 --> 00:49:21,340

leave the relationship but not only

1042

00:49:27,840 --> 00:49:24,670

about sex but only but also about the

1043

00:49:30,830 --> 00:49:27,850

relationship it's itself and you know

1044

00:49:33,510 --> 00:49:30,840

sex is the I guess you would say the

1045

00:49:35,190 --> 00:49:33,520

most involved expression of the

1046

00:49:37,920 --> 00:49:35,200

relationship but I've always said that

1047

00:49:39,890 --> 00:49:37,930

if you can take the biggest piece of the

1048

00:49:43,980 --> 00:49:39,900

equation and make peace with that

1049

00:49:48,990 --> 00:49:43,990

everything falls suit underneath how do

1050

00:49:52,740 --> 00:49:49,000

we develop a dialogue with partners with

1051

00:49:56,160 --> 00:49:52,750

taboo subjects we have to trust each

1052

00:49:57,590 --> 00:49:56,170

other first so if the people in the

1053

00:49:59,360 --> 00:49:57,600

relationship

1054

00:50:01,730 --> 00:49:59,370

don't automatically trust each other

1055

00:50:03,920 --> 00:50:01,740

first you need to start building that

1056

00:50:07,250 --> 00:50:03,930

trust first before you go into those

1057

00:50:10,220 --> 00:50:07,260

scary territories like sex so I would

1058

00:50:13,400 --> 00:50:10,230

say they're just needs to start being

1059

00:50:15,950 --> 00:50:13,410

conversations about honesty itself how

1060

00:50:17,870 --> 00:50:15,960

can we be honest with each other how can

1061

00:50:20,540 --> 00:50:17,880

we not try to manipulate each other to

1062

00:50:22,940 --> 00:50:20,550

believe that we're someone that were not

1063

00:50:28,010 --> 00:50:22,950

so you know a lot of times in a marriage

1064

00:50:30,860 --> 00:50:28,020

people start just really subtly hiding

1065

00:50:32,360 --> 00:50:30,870

things from their spouse that if they

1066

00:50:34,340 --> 00:50:32,370

think if their spots were to find out

1067

00:50:36,680 --> 00:50:34,350

their spouse wouldn't think they were

1068

00:50:40,310 --> 00:50:36,690

such a great person anymore I mean so

1069

00:50:43,940 --> 00:50:40,320

for example you know like someone has an

1070

00:50:45,230 --> 00:50:43,950

issue with drinking and they went to the

1071

00:50:47,870 --> 00:50:45,240

bar and then they come home and their

1072

00:50:49,070 --> 00:50:47,880

you know their spouses you know where

1073

00:50:50,690 --> 00:50:49,080

you at the bar and they said yes and

1074

00:50:52,370 --> 00:50:50,700

then but then they lie they say I only

1075

00:50:54,530 --> 00:50:52,380

had two drinks but maybe they had ten

1076

00:50:57,530 --> 00:50:54,540

drinks you know so because they're

1077

00:51:01,010 --> 00:50:57,540

afraid of if they are honest that they

1078

00:51:02,750 --> 00:51:01,020

won't be seen as so awesome by the other

1079

00:51:04,250 --> 00:51:02,760

person so first starting with

1080

00:51:07,420 --> 00:51:04,260

conversations about how can we be more

1081

00:51:10,190 --> 00:51:07,430

honest every single day and that's tough

1082

00:51:16,310 --> 00:51:10,200

because our whole society is built

1083

00:51:22,670 --> 00:51:16,320

around dishonesty I mean we're told to

1084

00:51:26,080 --> 00:51:22,680

wear a mask all the time so that's tough

1085

00:51:28,430 --> 00:51:26,090

so I think starting with the honesty

1086

00:51:31,460 --> 00:51:28,440

component of making that an intention

1087

00:51:33,200 --> 00:51:31,470

for a relationship when you practice and

1088

00:51:35,000 --> 00:51:33,210

experimented with that for a while then

1089

00:51:37,460 --> 00:51:35,010

you can go into the more scary subjects

1090

00:51:39,470 --> 00:51:37,470

I think that people what they're really

1091

00:51:43,870 --> 00:51:39,480

excited about when they reach out to me

1092

00:51:47,270 --> 00:51:43,880

and other teachers on these subjects is

1093

00:51:49,100 --> 00:51:47,280

knowing that in the future what they can

1094

00:51:51,050 --> 00:51:49,110

reach for so if they're on a spiritual

1095

00:51:55,100 --> 00:51:51,060

path you know what what is it what could

1096

00:51:57,170 --> 00:51:55,110

the future look like if we really use

1097

00:51:59,420 --> 00:51:57,180

our relationships in this very

1098

00:52:00,890 --> 00:51:59,430

intentional way in order to evolve our

1099

00:52:04,280 --> 00:52:00,900

spiritual growth and they're not just

1100

00:52:08,900 --> 00:52:04,290

relationships just to bring us pleasure

1101
00:52:10,579 --> 00:52:08,910
or you know getting away from loneliness

1102
00:52:13,249 --> 00:52:10,589
but we're really using them in

1103
00:52:15,190 --> 00:52:13,259
for that spiritual purpose you people

1104
00:52:18,229 --> 00:52:15,200
learn about the concept of conversion

1105
00:52:20,359 --> 00:52:18,239
conversion is a term that was coined by

1106
00:52:23,870 --> 00:52:20,369
the poly movement and it means the

1107
00:52:28,190 --> 00:52:23,880
opposite of jealousy so compassion is

1108
00:52:33,259 --> 00:52:28,200
when you actually are happy for your

1109
00:52:35,599 --> 00:52:33,269
partner no matter what yes yes so you

1110
00:52:38,269 --> 00:52:35,609
know when my partner for example

1111
00:52:39,769 --> 00:52:38,279
recently said I'm falling in love with

1112
00:52:43,640 --> 00:52:39,779
this other person who I knew we were

1113
00:52:45,319 --> 00:52:43,650

friends you know my reaction instead of

1114

00:52:48,529 --> 00:52:45,329

automatically being jealousy was

1115

00:52:52,130 --> 00:52:48,539

actually oh you know like I got so

1116

00:52:53,959 --> 00:52:52,140

excited because I could see how what a

1117

00:52:56,719 --> 00:52:53,969

great thing that was for both of those

1118

00:52:58,039 --> 00:52:56,729

people and then me too because now I get

1119

00:53:01,190 --> 00:52:58,049

to spend more time with this other cool

1120

00:53:03,370 --> 00:53:01,200

person and so it benefits everyone so

1121

00:53:05,900 --> 00:53:03,380

thinking even if you are nowhere near

1122

00:53:08,420 --> 00:53:05,910

feeling like you can feel compassion if

1123

00:53:10,940 --> 00:53:08,430

your lover love someone else too and is

1124

00:53:13,880 --> 00:53:10,950

honest about it too still to know that

1125

00:53:17,239 --> 00:53:13,890

it's possible is really really freeing

1126
00:53:19,249 --> 00:53:17,249
yes it is because I I've been practicing

1127
00:53:21,859 --> 00:53:19,259
that for a very very long time I'm very

1128
00:53:23,390 --> 00:53:21,869
much aware that you know I have no

1129
00:53:25,759 --> 00:53:23,400
control that when you went to the

1130
00:53:27,920 --> 00:53:25,769
supermarket yesterday that the guy or

1131
00:53:30,170 --> 00:53:27,930
the woman behind you was going to say

1132
00:53:32,029 --> 00:53:30,180
hello I we none of us had the idea that

1133
00:53:34,339 --> 00:53:32,039
the meeting was going to happen but it

1134
00:53:36,739 --> 00:53:34,349
did and the fact that it did things have

1135
00:53:38,569 --> 00:53:36,749
now changed in fact if that's where you

1136
00:53:42,859 --> 00:53:38,579
want to go and you're happy there here's

1137
00:53:46,130 --> 00:53:42,869
five dollars for gas right and it does

1138
00:53:49,609 --> 00:53:46,140

it doesn't mean that it won't move me

1139

00:53:52,249 --> 00:53:49,619

inside to tempt me to go into that place

1140

00:53:54,829 --> 00:53:52,259

of jealousy because i have work to do we

1141

00:53:57,170 --> 00:53:54,839

have work to do what is the allowing and

1142

00:54:00,140 --> 00:53:57,180

the support and giving the blessings to

1143

00:54:01,969 --> 00:54:00,150

the other person to move forward and do

1144

00:54:05,690 --> 00:54:01,979

what you need to do to find your life

1145

00:54:08,809 --> 00:54:05,700

filled with bliss exactly and i think

1146

00:54:12,170 --> 00:54:08,819

it's important to you know also bring up

1147

00:54:17,870 --> 00:54:12,180

the fact that people like me we're not

1148

00:54:21,319 --> 00:54:17,880

trying to say that monogamy is bad or

1149

00:54:24,349 --> 00:54:21,329

that monogamy is a bad choice it's

1150

00:54:26,509 --> 00:54:24,359

definitely an option but what i'm trying

1151

00:54:28,009 --> 00:54:26,519

to do and other leaders in a poly

1152

00:54:29,839 --> 00:54:28,019

movement are trying to do is bring

1153

00:54:31,670 --> 00:54:29,849

awareness to the fact that it is an

1154

00:54:34,880 --> 00:54:31,680

option though because people don't even

1155

00:54:36,559 --> 00:54:34,890

see it as an option for relationships

1156

00:54:38,930 --> 00:54:36,569

it's just the way you do it there's no

1157

00:54:40,190 --> 00:54:38,940

question about it well no there's a lot

1158

00:54:43,609 --> 00:54:40,200

of people that are doing it differently

1159

00:54:45,019 --> 00:54:43,619

so just I have nothing against nyomi I

1160

00:54:46,549 --> 00:54:45,029

mean I know well I have a lot of friends

1161

00:54:50,630 --> 00:54:46,559

were monogamous who are very proud of it

1162

00:54:54,950 --> 00:54:50,640

and you know it's awesome like the idea

1163

00:54:58,130 --> 00:54:54,960

of just investing so intensely

1164

00:54:59,630 --> 00:54:58,140

especially that erotic energy over the

1165

00:55:01,190 --> 00:54:59,640

course of a lifetime just between two

1166

00:55:03,440 --> 00:55:01,200

people i mean there's things in monogamy

1167

00:55:06,499 --> 00:55:03,450

that you can't do if your poly it's just

1168

00:55:09,499 --> 00:55:06,509

true you can't so but yeah I don't want

1169

00:55:11,749 --> 00:55:09,509

to make a situation where monogamy is

1170

00:55:13,849 --> 00:55:11,759

the new bad thing or the thing we're

1171

00:55:16,069 --> 00:55:13,859

fighting against I just I really have a

1172

00:55:17,599 --> 00:55:16,079

passion for helping people you just

1173

00:55:19,640 --> 00:55:17,609

passionate about your path and you know

1174

00:55:21,079 --> 00:55:19,650

I understand that someone asked me Keith

1175

00:55:24,370 --> 00:55:21,089

do you have a formula for world peace

1176

00:55:28,430 --> 00:55:24,380

and of course keep those I said leave

1177

00:55:31,940 --> 00:55:28,440

everyone else alone just leave them

1178

00:55:34,630 --> 00:55:31,950

alone let people be people do without

1179

00:55:37,069 --> 00:55:34,640

judgment people will naturally

1180

00:55:38,660 --> 00:55:37,079

congregate in their own compartments and

1181

00:55:41,359 --> 00:55:38,670

move to that part of the city and

1182

00:55:43,339 --> 00:55:41,369

everybody lives blissfully lives in

1183

00:55:46,460 --> 00:55:43,349

light lives in joy lives in expansion

1184

00:55:48,650 --> 00:55:46,470

this has always been my dynamic um you

1185

00:55:50,410 --> 00:55:48,660

know we see people who would obviously

1186

00:55:54,289 --> 00:55:50,420

judge you in your work or people who

1187

00:55:58,220 --> 00:55:54,299

judge me in my work which is not so jeez

1188

00:56:00,319 --> 00:55:58,230

word um exaggerated or intense or and

1189

00:56:02,390 --> 00:56:00,329

generate intense because of the idea and

1190

00:56:04,489 --> 00:56:02,400

how you and I had the dialogue on the

1191

00:56:06,410 --> 00:56:04,499

phone the other day we talked about this

1192

00:56:09,049 --> 00:56:06,420

is not without compassion for how other

1193

00:56:11,839 --> 00:56:09,059

people feel we don't want it we didn't I

1194

00:56:14,359 --> 00:56:11,849

didn't want to do the show imposing this

1195

00:56:16,759 --> 00:56:14,369

particular idea on people's tone walking

1196

00:56:19,249 --> 00:56:16,769

on their toes because it's done with the

1197

00:56:21,799 --> 00:56:19,259

idea of how people feel about such

1198

00:56:23,930 --> 00:56:21,809

concepts and I'm glad you came on to

1199

00:56:26,630 --> 00:56:23,940

enlighten that not only listen audience

1200

00:56:28,910 --> 00:56:26,640

but me surrounding this particular

1201
00:56:31,460 --> 00:56:28,920
movement that you feel passionate is so

1202
00:56:32,870 --> 00:56:31,470
powerful in your life so thank you for

1203
00:56:34,910 --> 00:56:32,880
joining us we're we're coming to the top

1204
00:56:37,190 --> 00:56:34,920
of the hour I appreciate you being here

1205
00:56:38,279 --> 00:56:37,200
in center of light radio would you leave

1206
00:56:44,069 --> 00:56:38,289
us with a

1207
00:56:46,890 --> 00:56:44,079
no thought oh absolutely if you feel

1208
00:56:51,299 --> 00:56:46,900
inspired by anything that I said I would

1209
00:56:53,309 --> 00:56:51,309
just urge you to make honesty a core

1210
00:56:55,409 --> 00:56:53,319
value in your life that you're really

1211
00:56:59,729 --> 00:56:55,419
striving towards daily and you talk to

1212
00:57:03,949 --> 00:56:59,739
your partner um family members friends

1213
00:57:07,319 --> 00:57:03,959

colleagues about how to bring honesty

1214

00:57:10,640 --> 00:57:07,329

into relationships because without it I

1215

00:57:12,809 --> 00:57:10,650

I don't see that we can strive towards

1216

00:57:14,819 --> 00:57:12,819

evolving our consciousness so it's

1217

00:57:18,390 --> 00:57:14,829

definitely crucial so please you know

1218

00:57:22,529 --> 00:57:18,400

talk about honesty on you what does God

1219

00:57:28,799 --> 00:57:22,539

to you if it can be described what is it

1220

00:57:30,239 --> 00:57:28,809

to you myself and everyone very well

1221

00:57:31,709 --> 00:57:30,249

said thank you for joining me here in

1222

00:57:34,349 --> 00:57:31,719

center of light radio would you give out

1223

00:57:35,640 --> 00:57:34,359

your contact information once again to

1224

00:57:38,039 --> 00:57:35,650

our listening audience for those who may

1225

00:57:40,890 --> 00:57:38,049

be interested even just to learn more

1226

00:57:42,689 --> 00:57:40,900

about the idea and also could possibly

1227

00:57:45,209 --> 00:57:42,699

put some fears that they may have to

1228

00:57:48,390 --> 00:57:45,219

rest but also may help those who have

1229

00:57:51,359 --> 00:57:48,400

ideas or curiosities about it what is

1230

00:57:53,579 --> 00:57:51,369

your contact information yeah actually

1231

00:57:55,199 --> 00:57:53,589

I'm looking to hear from just people

1232

00:57:57,749 --> 00:57:55,209

sharing their stories or asking me

1233

00:58:00,299 --> 00:57:57,759

questions so if you want to contact me

1234

00:58:06,409 --> 00:58:00,309

via email that would be awesome so Anya

1235

00:58:11,399 --> 00:58:06,419

trahan at gmail com so a nya tra haan @

1236

00:58:16,620 --> 00:58:11,409

gmail.com and then you can find me on my

1237

00:58:20,519 --> 00:58:16,630

website dr. Anya dotnet dr a NY a dot n

1238

00:58:23,009 --> 00:58:20,529

ET i do relationship coaching session

1239

00:58:26,099 --> 00:58:23,019

spiritual guidance sessions with people

1240

00:58:27,509 --> 00:58:26,109

via skype or in person and I'm just I'm

1241

00:58:30,089 --> 00:58:27,519

really just looking to connect with

1242

00:58:34,169 --> 00:58:30,099

people and also um if you're interested

1243

00:58:35,849 --> 00:58:34,179

in learning about like networking if you

1244

00:58:38,789 --> 00:58:35,859

think if you are poly and you're out

1245

00:58:41,219 --> 00:58:38,799

there and you want to like reach out i

1246

00:58:43,890 --> 00:58:41,229

can give you tips on different support

1247

00:58:46,859 --> 00:58:43,900

groups or there's so many different

1248

00:58:49,529 --> 00:58:46,869

online communities that i can point you

1249

00:58:52,180 --> 00:58:49,539

to for resources so please get in touch

1250

00:58:54,250 --> 00:58:52,190

with me and i will facilitate

1251
00:58:56,710 --> 00:58:54,260
no whatever I can to help you out with

1252
00:58:59,079 --> 00:58:56,720
that on you thank you for joining me

1253
00:59:01,450 --> 00:58:59,089
today thanks keep everyone on your

1254
00:59:03,640 --> 00:59:01,460
trahan center of light radio next week

1255
00:59:06,220 --> 00:59:03,650
on the show we're gonna have Susanna fur

1256
00:59:08,050 --> 00:59:06,230
and she is going to hit lighten you

1257
00:59:10,329 --> 00:59:08,060
she's going to expand you she's an

1258
00:59:13,089 --> 00:59:10,339
amazing guest full of knowledge wisdom

1259
00:59:16,059 --> 00:59:13,099
and power dear friend of mine I do

1260
00:59:19,329 --> 00:59:16,069
suggest um your presence here for that

1261
00:59:20,800 --> 00:59:19,339
particular show what a very different

1262
00:59:22,720 --> 00:59:20,810
subject for me i'm glad i had it i

1263
00:59:26,200 --> 00:59:22,730

walked through the idea of my

1264

00:59:29,020 --> 00:59:26,210

uncomfortableness not for myself really

1265

00:59:30,849 --> 00:59:29,030

but how it would make people feel and i

1266

00:59:31,960 --> 00:59:30,859

decided that's an illusion as well and

1267

00:59:33,970 --> 00:59:31,970

we're going to handle this with kid

1268

00:59:36,430 --> 00:59:33,980

gloves and give it the attention into

1269

00:59:38,650 --> 00:59:36,440

the respect that it truly deserves for

1270

00:59:40,750 --> 00:59:38,660

bringing joy to certain people's lives

1271

00:59:45,280 --> 00:59:40,760

people live and lives by their own

1272

00:59:47,559 --> 00:59:45,290

choices and we all have what we want for

1273

00:59:51,309 --> 00:59:47,569

ourselves in our scope and I I do

1274

00:59:53,500 --> 00:59:51,319

support you in moving further into that

1275

00:59:56,640 --> 00:59:53,510

direction and you can do that shameless

1276

01:00:00,430 --> 00:59:56,650

plug by going do what you love a path to

1277

01:00:02,410 --> 01:00:00,440

passionate living you can do that by

1278

01:00:04,050 --> 01:00:02,420

going to do what you love the movie calm

1279

01:00:06,730 --> 01:00:04,060

and it will support you and all that you

1280

01:00:09,640 --> 01:00:06,740

see as wanting to call to yourself to

1281

01:00:11,620 --> 01:00:09,650

bring infinite bliss into your lives

1282

01:00:14,370 --> 01:00:11,630

again Susanna firs going to be here next

1283

01:00:16,960 --> 01:00:14,380

week I do appreciate your attendance and

1284

01:00:19,420 --> 01:00:16,970

one more announcement be in the very

1285

01:00:21,760 --> 01:00:19,430

near future Swansea this way yogi is

1286

01:00:24,700 --> 01:00:21,770

going to be here we're going to

1287

01:00:26,620 --> 01:00:24,710

hopefully do a live video broadcast with

1288

01:00:31,059 --> 01:00:26,630

this God realized man I've interviewed

1289

01:00:33,790 --> 01:00:31,069

him before Wow and hopefully we can get

1290

01:00:35,349 --> 01:00:33,800

my alien-human hybrid friend nucleus

1291

01:00:37,450 --> 01:00:35,359

eight here on the show in the very near

1292

01:00:40,240 --> 01:00:37,460

future Keith Anthony Blanchett here

1293

01:00:41,920 --> 01:00:40,250

remember when you lay down at night you

1294

01:00:44,500 --> 01:00:41,930

have nothing to do you might as well do

1295

01:00:46,630 --> 01:00:44,510

something in that nothing and as you

1296

01:00:51,120 --> 01:00:46,640

breathe consciously God breathed life

1297

01:00:56,380 --> 01:00:54,940

and the energy begins to move that is

1298

01:00:58,630 --> 01:00:56,390

your spirit that you're feeling when you

1299

01:01:01,059 --> 01:00:58,640

feel that buzz you're feeling your light

1300

01:01:04,660 --> 01:01:01,069

you're feeling your vibration and who

1301

01:01:08,400 --> 01:01:04,670

you really are lies in that breath just

1302

01:01:11,680 --> 01:01:08,410

behind that breath so move that way